

## PUMPKIN SEED PASTE

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In the 21st century various nuts and seeds have been added to the range of food products that are in demand among the population. As a result of grinding this raw material to a paste-like state, a series of various pastes were obtained. The most popular is peanut butter, known for many years in the Western Hemisphere. There are some variants of the recipe now known, that provide the supplementation of various additives into its composition, therefore products with different tastes are obtained and more consumers are attracted. However, the addition of salt, sugar, hydrogenated fats does not correspond to the principles of a "healthy" diet. Their use is contraindicated for some groups of the population.

The assortment of pastas made of nuts and seeds is wide nowadays, the demand for these products is only growing. Moreover, these products are in demand among vegans, as well as those who, for health reasons, follow a vegetarian diet.

Pastes are also produced in Ukraine. Given the raw materials and food traditions, it can be assumed that pumpkin seed paste will be popular. One of its manufacturers is "Aumi" (Odessa). The production technology is simple. The seeds are roasted in an innovative oven, they gush in a stream of hot air for several minutes. Then they are quickly cooled, ground and packaged in sealed containers.

The objective of this study was to obtain products based on pumpkin seed paste with the introduction of regional berry raw materials. The analysis of the paste showed that the paste contained 36.8% protein, 46.9% fat. When analyzing the fatty acid composition, there were found 12.3% palmitic acid, 4.7% stearic, 29.4% oleic, 53.7% linoleic acid.

Cranberries, viburnum and sea buckthorn were chosen as berry raw materials. The berries were dried, crushed, and the resulting powders were mixed with pumpkin seed paste. Received samples contained 10%, 20% and 30% of the berry component. The products were analyzed using the descriptor-profile method of tasting analysis. The most significant descriptors were: taste, aroma, texture, color of the product. Graphic profilograms were constructed and analyzed.

After adding cranberries and viburnum, the green color of the pastes became more pleasant, acquired a reddish tint. The flavor of the food has changed and became more pleasant as well. The taste regulators contained in the berries added sourness to the products. The consistency changed, it became thicker, obviously as a result of the swelling of the pectin molecules present in the berries. Based on sample analysis results by the descriptor-profile method, it is recommended to obtain products based on pumpkin seed paste containing viburnum berries 20%, cranberries - 25%, sea buckthorn - 20%.

It should be noted that pumpkin seed paste has a high fat and calorie content. The supplementation of berry additives into its composition makes it possible to reduce its calorie content and, accordingly, expand the circle of consumers. In addition, although consumers have become much more educated and tend to follow the principles of a "healthy" diet, very often they are still more sensory-oriented when choosing products.

Obtaining popular among the population pastes with a berry component will also contribute to the enrichment of the diet of consumers with berries, which, as an independent product, are rarely consumed by the population.

Thus, it has been shown that the addition of berries into the composition of pumpkin seed paste made it possible to obtain products with improved consumer qualities.