# **DEVELOPMENT OF SPROUTED SOYBEAN POWDER COMBINED WITH BROWN RICE POWDER AND BLACK SESAME POWDER**



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### **INTRODUCTION**

Sprouting soybeans enhances nutrient content and reduces anti-nutritional factors, boosting bioactive compounds like polyphenols and isoflavones with antioxidant, anti-inflammatory, and hormone-balancing effects. Black sesame adds essential fatty acids, minerals, and lignans that support cardiovascular health, liver function, and aging prevention. Brown rice contributes fiber, vitamins, and antioxidants that aid in cancer prevention and metabolic health. The combination offers a cost-effective, nutrient-rich product that supports cardiovascular health, anti-aging, weight management, and cholesterol reduction. This study focuses on developing a nutritional powder from sprouted soybeans, brown rice, and black sesame, aiming to create a high-value functional food, contributing to better community health.



day at room temperature to promote germination. Subsequently, the sprouted soybean seeds were dried for 11 hours at 50°C. Finally, the sprouted soybean powder was mixed with brown rice powder and black sesame powder at a ratio of 70:15:15. The product developed in this research holds significant potential for practical application in creating high-quality products that meet consumer demands.



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