

Creation of a healthy sweet fruit snack (FRESNACK)

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01. Rationale

The first motivating factor behind GO FRESNACK is sectoral, as it affects the entire Catalan sweet fruit production sector. The second relates to innovation, i.e. being able to offer other possibilities that allow for the diversification of sweet fruit products through the application of efficient processing technologies that are more sustainable than conventional ones.

The approach of the GO FRESNACK project is based on the experience gained from previous activities involving sweet fruit. Thus, it was known that European consumers consider fruit to be that which is unprocessed or minimally processed, and also that one of the main limitations for its consumption is that it has to be prepared, the pips or stones need to be removed, that it sometimes makes your hands dirty, etc. Therefore, GO FRESNACK



Photos: Operational Group.

has set out to overcome the barriers expressed by consumers and to produce a product of high organoleptic quality.

The main objective has been to develop new products using sweet fruit (apple, pear and peach) sliced and dried (healthy snack) and with a shelf life of 4-6 months by applying a new technological process that combines hot air drying (conventional) and microwave technology.

02. Results and conclusions

The project has consisted of two activities:

Activity 1. Design of a mixed drying process combining conventional drying and the application of microwaves.

Activity 2. Information sessions/seminars for companies in the sector and different actors involved in the agri-food chain.

The main outcome is the development of a crunchy, healthy apple, pear and peach snack of high organoleptic quality with a shelf life of between 210 and 310 days. A treatment has been developed for the production of the apple, pear and peach snack with the necessary characteristics to be considered as a high-quality dried product, using a process that combines convective drying with microwaves (vacuum microwaves in the case of pear and peach).

As far as practical recommendations are concerned, it must be stressed that it is necessary to have a good characterisation of the matrix, i.e. of the raw material, since the result depends to a large extent on the characteristics of this material.

