

(12) PATENT APPLICATION PUBLICATION

(21) Application No.202541079942 A

(19) INDIA

(22) Date of filing of Application :22/08/2025

(43) Publication Date : 12/09/2025

(54) Title of the invention : NUTRITIONAL FOOD BAR COMPOSITION AND PREPARATION METHOD THEREOF

(51) International classification :A23L0025000000, A23L0019000000, A21D0002360000, A23L0007126000, A23L0025100000

(86) International Application No :NA  
Filing Date :NA

(87) International Publication No : NA

(61) Patent of Addition to Application Number :NA  
Filing Date :NA

(62) Divisional to Application Number :NA  
Filing Date :NA

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(57) Abstract :

A nutritional food bar composition comprising i) mashed fruit, ii) dried fruit powder, iii) butter, iv) salt, v) rolled oats, vi) flaxseed, vii) melon seeds, viii) pumpkin seeds, ix) sunflower seeds, and x) Acidulant. A method for preparation includes preparing mashed fruit from fresh fruit, cutting fruit into thin slices and drying in an oven with slices flipped once at 60th minute to obtain dried fruit powder, mixing mashed fruit and dried fruit powder thoroughly followed by adding rolled oats, and seeds and mixing again, adding peanut butter and mixing, transferring mixture to a baking tray and pressing down with a spatula, baking, cooling at room temperature, and cutting into desired shapes using a sterile knife to obtain nutritional food bar.

No. of Pages : 17 No. of Claims : 10