

Use of Extrusion to Obtain Healthy Snacks

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Message from the Guest Editors

Snacks are small portions of food that are consumed between meals and are an example of convenience foods. Snack formulated products are a good alternative to the use of traditional raw materials because of reproducibility, uniformity, and lack of defects, to fit consumer demands. One of the most used techniques to obtain light snacks from flours is extrusion.

Extrusion cooking technology is considered a high-temperature short-time, versatile, and modern food operation. The cooking of foods at high temperatures, in a matter of seconds, generally has favorable effects in maintaining the properties of food components and active ingredients, while drastically reducing or completely eliminating microorganisms present in the starting materials. Therefore, the final extruded food product, having low moisture content, is considered a shelf-stable product.

This Special Issue of Foods will address the study of the effect of extrusion conditions and the addition of different ingredients on extruded product characteristics and its potential health effects and the potential reduction of disease risks.

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Message from the Editor-in-Chief

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