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Special Issue Reprint

Functional Bakery Products

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Bakery products such as bread, rolls, cookies, pies, pastries, bars, and muffins play a significant role in the daily diet of modern consumers. The growing interest in the health benefits of food has driven the development of new products and the adaptation of traditional recipes and technologies. These changes also extend to bakery products, which, depending on their composition, can be excellent sources of complex carbohydrates (e.g., starch and dietary fiber), proteins, vitamins, minerals, and phytochemicals that positively impact the human body. This reprint immerses readers in the latest research on the potential of modifying bakery products. It explores how technologies and biotechnologies can be employed to enhance, remove, alter, or improve the bioavailability of components, transforming baked goods into functional foods. The functional and health properties of bakery products depend not only on the nutrient content, but also on the various methods of food processing. For anyone interested in modern food innovation and healthy eating, this reprint serves as an inspiring resource for shaping the future of bakery products.



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