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(57) Abstract :

The present invention relates to a naturally vitamin-enriched functional food composition and a nutrient-preserving process for its preparation. The composition comprises 40-60% w/w solar-dried wild Himalayan berry powder (Jamun, Amla, Hisalu), 30-50% w/w roasted millet flour, 5-15% w/w unrefined jaggery, and 0.4-1% w/w ghee or plant-based oil as binding agent. The process employs controlled indirect solar drying at 35-45°C for 12-18 hours achieving 67-83% vitamin C retention and 70% beta-carotene retention, followed by gentle roasting of millets at 120°C for 6 minutes, ambient-temperature blending, shaping into 20-25g snack balls, and final drying below 40°C to achieve moisture content 14% and water activity 0.65. The resulting shelfstable product provides comprehensive bioavailable vitamins A, B-complex, C and E without synthetic fortification, chemical preservatives, or artificial additives. The invention addresses micronutrient deficiencies through clean-label, synergistic formulation offering antioxidant and immune-boosting benefits, while promoting sustainable utilization of indigenous agro-biodiversity and supporting rural livelihoods. Suitable for vegetarian, vegan, and health-conscious populations with minimum 30-day shelf stability at ambient conditions.

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