Flours Prepared Without Gluten ‘’Mezky’’

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Purpose. The worldwide prevalence of Celiac Disease has been studied over the years and a remarkable increase has been observed in many regions of the world. The average figure of the world population could be around 1% of affected people, although with great variations between some countries or geographical areas, in America it oscillates 0.5% - 1 % of the general population, Africa 5.6 % higher register at world level in the last years, Oceania 1.2 % in men and 1.9 % in women, Europe 1 %. Celiac disease is a chronic autoimmune pathology induced by the ingestion of gluten, which is a set of proteins contained in the flour of cereals such as wheat, barley, rye and oats. Analyzing the problem of celiac disease, the main objective is to elaborate gluten-free prepared flours, therefore, we proceeded to an investigation on mesquite pod due to the nutritional properties it contains, in view of this area of opportunity for the development of new gluten-free food alternatives. Procedure: research is carried out in a theoretical way of the chemical, nutritional properties and benefits that the mesquite pod provides in comparison to flours that contain gluten and that affects celiac people. Based on the results obtained, we proceed to elaborate prepared gluten-free flours, integrating quinoa and amaranth for the nutritional properties that they also contain and thus obtain a better product; by formulating and making various by-products such as (flour for polvorones, flour for atoles, flour for pancakes).

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