



SCHOOL OF BIO SCIENCES AND TECHNOLOGY

VIT BIO-EXPO

The School of Bio Sciences and Technology (SBST) is pleased to organize **VIT Bio-Expo**, an event showcasing **innovative products and technologies developed through cutting-edge research at VIT**. The Expo will provide an opportunity to highlight the School's research-driven innovations and their potential applications.

The details of VIT Bio-Expo are as follows:

- **Date: 23rd September 2026 (Wednesday)**
- **Time: 11:00 AM – 1:00 PM**
- **Venue: SMV Portico**

We invite you to visit the expo, explore the innovative research outcomes and projects on display, and promote a culture of innovation.

1. Varnavi V - 23BBT0102

Product -1 Hummus Sushi Roll.

2. Shri Sakthi P - 23BBT0071

Product -2 Moong Bites.

3. Rujul Mandar Tengse -23BBT0078

Product -3 Mini Carrot Rolls.

4. Ria Susan Chacko - 23BBT0061

Product -4 Healthy Snicker Bites.

5. Ancy Rose Shibu - 24BBT0254

Product -5 Beetroot Chia Chips

6. Food Sciences Students - Rakshitha, Rithumitha, Shalini, Asin, Vivianna

Product - 6 Tomato ketchup

MOONG BITES

A wholesome protein rich mini pizza for the modern palate

ALLERGEN INFORMATION

- Milk: Contains dairy from cheese/paneer.
- Legumes: Contains moong dal (green gram).
- Gluten: sauces/seasonings for possible gluten.
- Soy: May be present in some packaged ingredients.

WHAT ARE MOONG BITES?

Moong Bites are mini pizzas with a protein-rich moong dal base, topped with homemade tomato sauce, fresh vegetables, and cheese (and optional paneer/mayo).

A tasty, healthy, and sustainable alternative to regular pizza snacks

SMART SNACKING

Shri Sakthi P - 238BT0071
Date: 23 September 2026
delivery : SMV Portico from 11AM to 1 PM



VIT Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)

VIT BIOEXPO
SBST

Tomato Ketchup

Classic Taste, Natural Goodness



DATE
23 SEP 2026
WEDNESDAY

TEAM MATES
Rakshitha
Rithumitha
Shalini
Asin
Vivianna

HEALTHY SNICKER BITE

NUTTY. NATURAL. NO GUILT.

Developed by:
RIA SUSAN CHACKO | Reg. No.: 238BT0061

INGREDIENTS

- Peanuts
- Cashews
- Almonds
- Walnuts
- Sesame Seeds
- Rice Flour
- Jaggery Syrup
- Chocolate

HEALTH BENEFITS

- SUSTAINED ENERGY** (Gradual release)
- HIGH IN PROTEIN** (Muscle support)
- HEALTHY FATS** (Heart & Brain Health - Omega-3s)
- RICH IN FIBER** (Digestion)
- ESSENTIAL MINERALS** (Calcium, Iron, Magnesium)
- ANTIOXIDANTS** (from dark chocolate & nuts)
- NATURAL SWEETENER** (Jaggery, unrefined)

WHY IT'S AMAZING

- Clean & Ethical:** Free from refined sugars, artificial and preservatives.
- Guilt-Free Indulgence:** Satisfies cravings with functional nutrients for portion control.
- Sustained Power:** Perfect pre- or post-workout fuel for active lifestyles.

A fusion of nature's best nuts, seeds and natural sweetness, crafted for delicious and sustained energy.



RUJUL MANDAR TENGSE 238BT0078

Mini carrot rolls

Thin carrot ribbons wrapped around Greek yogurt, capsicum and corn — a raw, no-cook bite built around fibre and protein.



Each roll pairs a raw vegetable wrap with a strained-yogurt filling, leaning on fibre from the vegetables and protein from the yogurt, with no cooking or processing involved.

Nutrient snapshot

Fibre	Protein	Vitamin A	Vitamin C
From carrot and capsicum; supports digestion and satiety.	Strained Greek yogurt holds roughly double regular yogurt's protein.	Beta-carotene from carrot supports vision and skin health.	Capsicum is one of the richer vegetable sources, especially red and yellow.

Ingredient by ingredient

Carrot	Greek yogurt
The wrap - Rich in beta-carotene, a precursor to vitamin A - Contributes fibre with very few calories - Carries antioxidant carotenoids	The base filling - Straining concentrates protein content - Live cultures support the gut microbiome - A source of calcium and vitamin B12

Capsicum	Corn
The crunch - Among the higher vitamin C sources of any vegetable - Adds texture and fibre at minimal calorie cost - Red and yellow varieties add further carotenoids	The sweetness - Contributes fibre and B vitamins - Contains lutein and zeaxanthin for eye health - Adds natural sweetness with no added sugar

Why the combination works

The vegetables supply fibre and micronutrients, while the yogurt supplies protein — a pairing that tends to be more filling than either component eaten alone. Because nothing in the recipe is cooked, heat-sensitive nutrients such as vitamin C are retained more fully than after boiling or roasting.

The format also keeps portions naturally small and controlled, which suits a snack meant to bridge meals rather than replace one.

General nutrition information based on the raw ingredients used. Individual values will vary with roll size, portion, and specific brands of yogurt used.



HUMMUS SUSHI ROLL

V.VARNAVI (Reg. No. 23BBT0102)

FOOD INTRODUCTION

This unique and innovative Hummus Sushi Roll presents a fusion concept that combines the fresh, clean structure of traditional sushi with the wholesome, Mediterranean flavours and plant-based nutrition of chickpea hummus, encased in fiber-rich multigrain bread. A creative and delicious way to re-imagine healthy eating.

MULTIGRAIN BREAD

High Dietary Fiber: Promoting Gut Health and Satiety.
Complex Carbohydrates: For Sustained Energy Release.
 Contains B Vitamins & Iron.

CHICKPEA HUMMUS

Plant-Based Protein: Crucial for Muscle Repair and Growth.
Healthy Fats (from Tahini): Support Heart Health.
 High in Manganese & Folate.

CARROT

Rich in Beta-Carotene: Vitamin A Precursor for Eye Health and Immune Support.
 Dietary Fiber.

CUCUMBER

Excellent Hydration: High Water Content. Contains Vitamin K & Antioxidants (like Cucurbitacins).

RED BELL PEPPER

Exceptional Vitamin C Source: Essential for Collagen Synthesis and Immune Function.
 Antioxidant Lycopene (in red ones).

BENEFITS OF OLIVE OIL
 (present in Hummus)

- Cardioprotective Monounsaturated Fats (e.g., Oleic Acid)
- Potent Antioxidant Phenols to Combat Oxidative Stress
- Anti-inflammatory Properties (like Oleocanthal)



BEETROOT CHIA CRISPS

Naturally crisp. Simply wholesome.

A crunchy, savoury snack crafted from beetroot pulp and roasted rice, enriched with chia seeds and gently seasoned with jeera and black pepper.

PLANT-BASED

REFINED-SUGAR-FREE

MADE WITH BEETROOT & CHIA

VIT BIOEXPO – SBST

SMV PORTICO | 23 SEPTEMBER 2026

By: Ancy Rose Shibu | 24BBT0254







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