



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 the **VIT Bio-Expo** are as follows:

- **Date: 07th October 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. Anshi Chugh - 23BBT0129

Product -1 Amaranth Bites.

2. Mayurakshi Basak - 23BBT0156

Product -2 GermiCrunch Protein Salad. .

3. Anashyay V -24BBT0307

Product -3 Golden Turmeric Crackers.

4. Shreya S - 23BBT0084

Product -4 Harvest Taco.

5. Sharukesh R S - 23BBT0117

Product -5 High Protein Creamy Coriander Soya

6. Arun Prasanth S -23BBT0187

Product -6 NutriCore Crunch.

VIT
Vellore Institute of Technology
Vellore

FOOD INNOVATION • FUNCTIONAL FOODS • BIOTECHNOLOGY

NutriCore Crunch

A Functional High-Protein Crunch (Lowest and Healthiest) | Plant-Based | Protein

1. INTRODUCTION

Functional foods provide health benefits beyond basic nutrition. Though science supports this claim, proper formulation is critical.

Crunch is a naturally derived protein made from lentils and chickpeas. Conventional crunches use refined flour, which is high in carbs and low in nutrients.

NutriCore Crunch is a plant-based protein source that is low in carbs and high in nutrients.

It is a functional food that provides health benefits beyond basic nutrition.

2. INGREDIENTS

High refined flour (wheat) is a refined grain.

Low refined flour (wheat) is a refined grain.

High refined flour (wheat) is a refined grain.

Low refined flour (wheat) is a refined grain.

High refined flour (wheat) is a refined grain.

Low refined flour (wheat) is a refined grain.

3. NUTRITION FACTS

Calories: +120 kcal

Protein: +12g

Fiber: +4g

Carbs: +12g

Fat: +4g

Sodium: +12g

Iron: +12g

Calcium: +12g

Magnesium: +12g

Zinc: +12g

Copper: +12g

Manganese: +12g

Selenium: +12g

Chromium: +12g

Molybdenum: +12g

Cobalt: +12g

Nickel: +12g

Vanadium: +12g

Antimony: +12g

Barium: +12g

Bismuth: +12g

Boron: +12g

Bromine: +12g

Cadmium: +12g

Cerium: +12g

Cesium: +12g

Chlorine: +12g

Chromium: +12g

Cobalt: +12g

Copper: +12g

Fluorine: +12g

Gallium: +12g

Germanium: +12g

Gold: +12g

Indium: +12g

Iodine: +12g

Iron: +12g

Lithium: +12g

Magnesium: +12g

Manganese: +12g

Molybdenum: +12g

Nickel: +12g

Niobium: +12g

Orbitron: +12g

Palladium: +12g

Platinum: +12g

Praseodymium: +12g

Rhenium: +12g

Rhodium: +12g

Rubidium: +12g

Selenium: +12g

Silver: +12g

Sodium: +12g

Sulfur: +12g

Tantalum: +12g

Tellurium: +12g

Thallium: +12g

Thoron: +12g

Tin: +12g

Titanium: +12g

Tungsten: +12g

Uranium: +12g

Vanadium: +12g

Zinc: +12g

Zirconium: +12g

4. HEALTH BENEFITS

1. Boosts Metabolism: Crunch is a natural source of protein, which helps boost metabolism.

2. Improves Digestion: Crunch is a natural source of fiber, which helps improve digestion.

3. Supports Heart Health: Crunch is a natural source of heart-healthy fats, which help support heart health.

4. Supports Bone Health: Crunch is a natural source of calcium, which helps support bone health.

5. Supports Immune System: Crunch is a natural source of antioxidants, which help support the immune system.

6. Supports Skin Health: Crunch is a natural source of vitamins, which help support skin health.

7. Supports Hair Health: Crunch is a natural source of biotin, which helps support hair health.

8. Supports Eye Health: Crunch is a natural source of lutein, which helps support eye health.

9. Supports Brain Health: Crunch is a natural source of omega-3 fatty acids, which help support brain health.

10. Supports Liver Health: Crunch is a natural source of antioxidants, which help support liver health.

11. Supports Kidney Health: Crunch is a natural source of potassium, which helps support kidney health.

12. Supports Pancreas Health: Crunch is a natural source of zinc, which helps support pancreas health.

13. Supports Prostate Health: Crunch is a natural source of lycopene, which helps support prostate health.

14. Supports Bladder Health: Crunch is a natural source of flavonoids, which help support bladder health.

15. Supports Gallbladder Health: Crunch is a natural source of bile acids, which help support gallbladder health.

16. Supports Stomach Health: Crunch is a natural source of pepsin, which helps support stomach health.

17. Supports Intestine Health: Crunch is a natural source of enzymes, which help support intestine health.

18. Supports Rectum Health: Crunch is a natural source of fiber, which helps support rectum health.

19. Supports Anus Health: Crunch is a natural source of fiber, which helps support anus health.

20. Supports Vagina Health: Crunch is a natural source of probiotics, which help support vagina health.

21. Supports Uterus Health: Crunch is a natural source of iron, which helps support uterus health.

22. Supports Ovary Health: Crunch is a natural source of calcium, which helps support ovary health.

23. Supports Fallopian Tube Health: Crunch is a natural source of magnesium, which helps support fallopian tube health.

24. Supports Cervix Health: Crunch is a natural source of zinc, which helps support cervix health.

25. Supports Vaginal Microbiome Health: Crunch is a natural source of probiotics, which help support vaginal microbiome health.

26. Supports Uterine Microbiome Health: Crunch is a natural source of probiotics, which help support uterine microbiome health.

27. Supports Ovarian Microbiome Health: Crunch is a natural source of probiotics, which help support ovarian microbiome health.

28. Supports Fallopian Tube Microbiome Health: Crunch is a natural source of probiotics, which help support fallopian tube microbiome health.

29. Supports Cervical Microbiome Health: Crunch is a natural source of probiotics, which help support cervical microbiome health.

30. Supports Vaginal Microbiome Health: Crunch is a natural source of probiotics, which help support vaginal microbiome health.

5. NUTRITIONAL COMPOSITION (PER 100g)

Calories: +120 kcal

Protein: +12g

Fiber: +4g

Carbs: +12g

Fat: +4g

Sodium: +12g

Iron: +12g

Calcium: +12g

Magnesium: +12g

Zinc: +12g

Copper: +12g

Manganese: +12g

Selenium: +12g

Chromium: +12g

Molybdenum: +12g

Cobalt: +12g

Nickel: +12g

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Boron: +12g

Bromine: +12g

Cadmium: +12g

Cerium: +12g

Cesium: +12g

Chlorine: +12g

Chromium: +12g

Cobalt: +12g

Copper: +12g

Fluorine: +12g

Gallium: +12g

Germanium: +12g

Gold: +12g

Indium: +12g

Iodine: +12g

Iron: +12g

Lithium: +12g

Magnesium: +12g

Manganese: +12g

Molybdenum: +12g

Nickel: +12g

Niobium: +12g

Orbitron: +12g

Palladium: +12g

Platinum: +12g

Praseodymium: +12g

Rhenium: +12g

Rhodium: +12g

Rubidium: +12g

Selenium: +12g

Silver: +12g

Sodium: +12g

Sulfur: +12g

Tantalum: +12g

Tellurium: +12g

Thallium: +12g

Thoron: +12g

Tin: +12g

Titanium: +12g

Tungsten: +12g

Uranium: +12g

Vanadium: +12g

Zinc: +12g

Zirconium: +12g

6. INNOVATION & NOVELTY

1. Novelty: Crunch is a natural source of protein, which helps boost metabolism.

2. Innovation: Crunch is a natural source of fiber, which helps improve digestion.

3. Novelty: Crunch is a natural source of heart-healthy fats, which help support heart health.

4. Innovation: Crunch is a natural source of calcium, which helps support bone health.

5. Novelty: Crunch is a natural source of antioxidants, which help support the immune system.

6. Innovation: Crunch is a natural source of vitamins, which help support skin health.

7. Novelty: Crunch is a natural source of biotin, which helps support hair health.

8. Innovation: Crunch is a natural source of lutein, which helps support eye health.

9. Novelty: Crunch is a natural source of omega-3 fatty acids, which help support brain health.

10. Innovation: Crunch is a natural source of antioxidants, which help support liver health.

11. Novelty: Crunch is a natural source of potassium, which helps support kidney health.

12. Innovation: Crunch is a natural source of zinc, which helps support pancreas health.

13. Novelty: Crunch is a natural source of lycopene, which helps support prostate health.

14. Innovation: Crunch is a natural source of flavonoids, which help support bladder health.

15. Novelty: Crunch is a natural source of bile acids, which help support gallbladder health.

16. Innovation: Crunch is a natural source of pepsin, which helps support stomach health.

17. Novelty: Crunch is a natural source of enzymes, which help support intestine health.

18. Innovation: Crunch is a natural source of fiber, which helps support rectum health.

19. Novelty: Crunch is a natural source of fiber, which helps support anus health.

20. Innovation: Crunch is a natural source of probiotics, which help support vagina health.

21. Novelty: Crunch is a natural source of iron, which helps support uterus health.

22. Innovation: Crunch is a natural source of calcium, which helps support ovary health.

23. Novelty: Crunch is a natural source of magnesium, which helps support fallopian tube health.

24. Innovation: Crunch is a natural source of zinc, which helps support cervix health.

25. Novelty: Crunch is a natural source of probiotics, which help support vaginal microbiome health.

26. Innovation: Crunch is a natural source of probiotics, which help support uterine microbiome health.

27. Novelty: Crunch is a natural source of probiotics, which help support ovarian microbiome health.

28. Innovation: Crunch is a natural source of probiotics, which help support fallopian tube microbiome health.

29. Novelty: Crunch is a natural source of probiotics, which help support cervical microbiome health.

30. Innovation: Crunch is a natural source of probiotics, which help support vaginal microbiome health.

High Protein
Creamy
Coriander Soya

Goodness of Soya + Fresh Coriander
= Perfect Protein!

Why You'll Love It?

High Protein: Builds & repairs muscles.

Rich in Nutrients: Vitamins, minerals & antioxidants.

Keeps You Full Longer: Great for weight management.

Good for Digestion: Fiber-rich & light on stomach.

Ingredients

Serves 2-3

Soya chunks (dry): 1 cup (≈ 50 g)

Water (for soaking): 2 cups

Oil / Olive oil: 1 tbsp

Onion (chopped): 1 medium

Tomato (chopped): 1 medium

Green chilies: 1-2 (optional)

Ginger-garlic paste: 1 tsp

Fresh coriander leaves: 1 cup (packed)

Fresh cream / hung curd: 2-3 tbsp (optional)

Salt: to taste

Pepper: 1/2 tsp

Garam masala: 1/2 tsp

Water / stock: as needed

Method

1. Soak soya chunks in warm water for 10-15 minutes. Drain and squeeze out excess water. Keep aside.

2. Heat oil in a pan. Add chopped onions and sauté until golden.

3. Add green chilies, ginger-garlic paste and tomatoes. Cook until soft.

4. Add the soaked soya chunks and mix well. Cook for 5 minutes.

5. Add coriander leaves, a little water, cream (or hung curd), salt, pepper and garam masala. Mix and simmer for 5-7 minutes.

6. Blend (optional) for a smoother, creamier texture. Adjust consistency with water.

7. Garnish with fresh coriander and serve hot!

Pro Tips

Use fresh, bright green coriander for best flavour.

Want extra creaminess? Add a spoon of hung curd or cashew paste.

You can also add veggies like capsicum, carrots or peas.

Adjust spices as per your taste.

Name: Sharukesh.R.S

Reg.no: 2388T0117

Date: 7th October 2026

Weight: 50kg (110lb to 120lb)

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HARVEST TACOS

WHOLESGOME INGREDIENTS • BOLDER FLAVOURS • A HEALTHIER BITE

A nourishing taco crafted with a multigrain shell, savory tofu, colourful fajitas, light cheese and a wholesome signature dressing.

1. NUTRIENT SNAPSHOT

FIBRE: Multigrain shell and vegetables contribute dietary fibre.

PLANT PROTEIN: Tofu provides a protein-rich filling.

VEGETABLE NUTRIENTS: Bell peppers and onions add vitamins, minerals and antioxidants.

BALANCED BITE: A combination of whole grains, proteins, vegetables and flavour.

2. INGREDIENT BY INGREDIENT

MULTIGRAIN QUESADILLA SHELL: Fibre-rich whole-grain base.

TOFU: Plant-based protein-rich filling.

FAJITAS: Sautéed bell peppers and onions for texture and flavour.

LIGHT CHEESE: Adds creaminess and flavour.

SIGNATURE DRESSING: A zesty dressing that ties the flavours together.

RICH PROTEIN SEASONING: Seasoning blend used to enhance flavour and protein-forward positioning.

3. WHY THE COMBINATION WORKS

The multigrain shell provides a fibre-rich base, tofu adds plant protein, and the fajitas bring in vegetables and texture. Light cheese, our signature dressing and high-protein seasoning come together to build flavour, making it a balanced and satisfying taco.

Nourishment, thoughtfully wrapped.

PREPARED BY: SHREYA S.

REG. NO: 2388T0084

7th OCT 2026

SBV PORTICO

Golden Turmeric
Crackers

Crisp. Golden. Wholesome.

A baked whole-grain snack with a satisfying crunch. Turmeric brings its warm golden color and earthy flavor to every bite.

Good ingredients. Golden crunch.

Whole wheat flour: Hearty grain base.

Oat flour: Mild oat flavor.

Turmeric powder: Warm golden color.

Flaxseed powder: Earthy seed flavor.

Sesame seeds: Nutty crunch.

Olive oil: Rich, savory finish.

HEALTH BENEFITS

Antioxidant activity

Anti-inflammatory potential

Improves digestive health

Whole grain

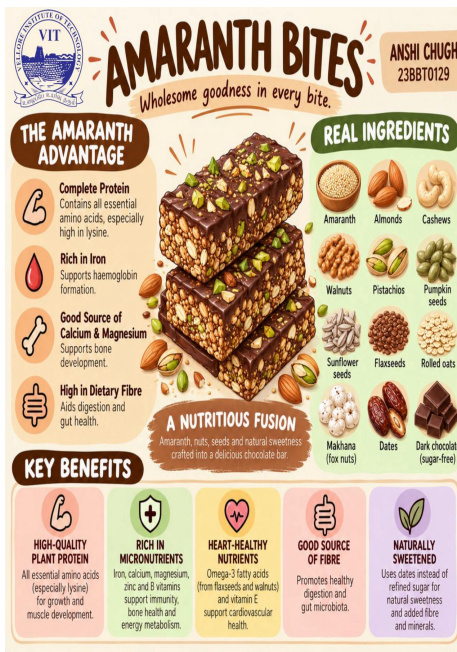
Seed-rich

Olive oil

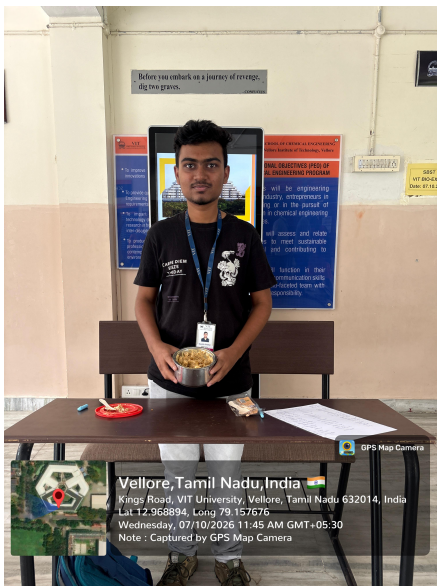
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Developed by Anashay V • Registration no: 248BT0307

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