

ABSTRACT

Sweet pumpkin, known for its natural sweetness and distinct flavor, has gained attention as an innovative ingredient in the development of food products. The study Investigates the sensory properties, nutritional composition, and health-promoting attributes of sweet pumpkin. It highlights the rich content of vitamins A and C, fiber, and antioxidants in sweet pumpkin, making it a desirable addition to a balanced diet. Furthermore, this research explores the versatility of sweet pumpkin in the creation of spreads, jams, and other bakery products. The abstract also delves into the potential health benefits associated with sweet pumpkin consumption. Preliminary studies suggest that sweet pumpkin's antioxidants and dietary fiber may contribute to improved digestive health, weight management, and reduced risk of chronic diseases.

The research draws attention to the economic and sustainability aspects of sweet pumpkin utilization. As a widely cultivated and abundant crop, sweet pumpkin offers an opportunity for value addition, reducing food waste, and supporting local agricultural economies. In conclusion, this research highlights the potential of sweet pumpkin as a versatile and nutritious ingredient for innovative food