

Supplementary Tables

Table 1S. Recipes for the elaboration of wheat-based biscuits (control) with added ground chia seeds (GC) and defatted ground chia seeds (DGC) at 5, 10 and 15%; carob flour (CF) at 1, 5 and 10% and coconut sugar (CS) at 100%.

Sample	Wheat flour (g)	Chia seeds (g)	Carob flour (g)	White sugar (g)	Coconut sugar (g)	Distilled water (mL)	Sunflower oil (g)	NaHCO ₃ (g)	NH ₄ HCO ₃ (g)	Salt (g)
Control	130.0	-	-	35	-	30	26	0.8	0.4	1.0
GC5	118.8	11.2	-	35	-	30	26	0.8	0.4	1.0
GC10	107.7	22.3	-	35	-	30	26	0.8	0.4	1.0
GC15	96.5	33.5	-	35	-	30	26	0.8	0.4	1.0
DGC5	118.8	11.2	-	35	-	30	26	0.8	0.4	1.0
DGC10	107.7	22.3	-	35	-	30	26	0.8	0.4	1.0
DGC15	96.5	33.5	-	35	-	30	26	0.8	0.4	1.0
CF1	127.8	-	2.2	35	-	30	26	0.8	0.4	1.0
CF5	118.8	-	11.2	35	-	30	26	0.8	0.4	1.0
CF10	107.7	-	22.3	35	-	30	26	0.8	0.4	1.0
CS100	130.0	-	-	-	35	30	26	0.8	0.4	1.0
CF1-CS100	127.8	-	2.2	-	35	30	26	0.8	0.4	1.0
CF5-CS100	118.8	-	11.2	-	35	30	26	0.8	0.4	1.0
CF10-CS100	107.7	-	22.3	-	35	30	26	0.8	0.4	1.0