Abstract

Yoghurt contains substantial amounts of live lactic acid bacteria and the beneficial effects of yoghurt are postulated to be due to its probiotic contents. The present study was carried out with different levels (2%, 3%, 4% and 5%) of carrot pulp. Frozen yoghurt mix was standardisation to 12 % sugar, 12 % SNF, @ 2% culture, Fat (0.5%, 1.5% and 3.0%) and Stabilizer (0.3%, 0.4% and 0.5%) adjusted to 26% total solids for frozen yoghurt. The low fat frozen yoghurt samples of different treatments were analyzed for organoleptic characteristics (flavour & taste, body & texture, Colour & appearance and overall acceptability), nutritional characteristics (Moisture, fat, protein, carbohydrate, total carotene, calcium, total solids, acidity, pH and overrun) and microbial analysis (yeast and mould & coliform test). The data obtained on various parameters were statistically analyzed. Based on the results, it was concluded that the low fat frozen flavoured yoghurt with 4% carrot pulp, 0.5% Stabilizer, 3.0% fat (T3S3F3) and 2% carrot pulp, 0.5% Stabilizer, 1.5% fat (T4S3F3) are high as comparable with other treatments in the organoleptic characteristics (Flavour & taste, Body & texture, Colour & appearance and Overall acceptability) and nutritional characteristics (Total carotene, calcium, total solids, acidity, pH, overrun).

Frozen yoghurt with carrot pulp can be helpful from the therapeutic point of view for the people suffering from diseases like Vitamin A deficiency, gastrointestinal tract, cardiovascular diseases, cancer, hypocholesterolemic, lactose intolerance, indigestion etc.

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