

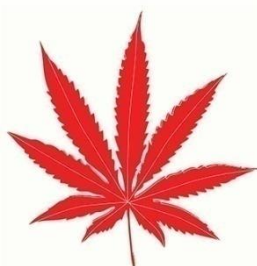


Conference Abstract  
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### Conference Abstract

#### FIBER FORTIFICATION OF PROBIOTIC ICE-CREAM USING DIFFERENT FRUITS POMACE AS A DIETARY FIBER

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### ABSTRACT

Awareness about value added products has increased day by day in health conscious people. Ice cream is a best option to fortify with dietary fiber. For this purpose probiotic ice cream fermented with lactobacillus acidophilus culture have been used. The effect of different sources of dietary fibers on the sensorial characteristics, textural, physicochemical properties and other important parameters such as color, acidity and viscosity are evaluated. Orange and apple peel were used as a dietary fiber to enriched ice-cream. After the production of probiotic ice-cream it is stored at below freezing temperature (-18°C) for six months. Different parameters were evaluated during storage period. The addition of citrus and apple peels as a dietary fiber improved the titratable acidity. The color value of the ice cream was decreased but red and yellow saturation of the product were intensified. The consistency of fortified product was enhanced as well as viscosity of the treated sample was increased as compared to unfortified product. The highest viscosity observed in the product fortified with apple fiber, although the product prepared with orange fiber showed the excessive hardness after two months of storage. The addition of orange and apple fibers considerably doubled the melting resistance. Texture of fiber enriched ice-cream changed to grainy texture. Sensory evaluators did not prefer fortified ice-cream due to its grainy texture, unhomogenized color and taste besides some evaluators like it due to its health benefiting profile depends on knowledge. All ice creams had viable probiotic counts of Lactobacillus acidophilus of  $\geq 7$  log cfu/g for the duration of storage besides the samples with orange peel.

**Keywords:** Fortified Products, Enriched Ice-cream, Dairy Products.

