OVERVIEW OF YOGHURT PRODUCTION USING SOURSOP FRUITS

BY

THARINDU LAKSHAN THUSITHA KUMARA

DEPARTMENT OF BIO SYSTEMS TECHNOLOGY

FACULTY OF TECHNOLOGY

EASTERN UNIVERSITY

SRI LANKA

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ABSTRACT

Yoghurt has been continually changed over time to provide a product with more appeal and nutritional benefits. Fruit enhancement improves the nutritional content and flavor of yoghurt, and it has a significant impact on yoghurt consumption and sales. This review outlines the effects of the different modifications attempted in soursop yogurt. The conclusions were derived from secondary data extracted from previously published sources, which was then categorized and summarized. The conclusions of the review were analyzed using research journals, books, reports, and online sites.

Annona muricata Linn. a tropical plant, has been used in the ethnomedicine as treatment to a range of diseases, from common cold to cancer. Sri Lanka growing soursop species are Katu anoda, Weli anoda, Matti anoda and, cherimoya. Because soursop is a perishable and easily damaged fruit, it is transformed into various food products to increase its shelf life. In this study, antioxidant, chemical, microbiological, and sensory attribute changes taking place during the production of probiotic yoghurt using different concentrations of soursop pulp and nectar, soursop juice, and sour nectar have been summarized. Sensory evaluation results indicated that yoghurt containing soursop fruit pulp had better sensory scores than other treatments. Results of previous researches revealed that most of the panelist accepted yoghurt made from 10% and 15% of sour mixture added yoghurt than other types of soursop yoghurt.

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