

DEVELOPMENT OF PLANT BASED SET YOGHURT BY USING COCONUT MILK



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ABSTRACT

The current research aimed to develop a plant-based set yoghurt utilizing coconut milk as a substitute for dairy. Four distinct treatments were formulated by altering the ratio of cow milk to coconut milk. Treatment 1 consisted of 100% cow milk, Treatment 2 was prepared with an equal ratio of cow milk and coconut milk (1:1), Treatment 3 utilized a 1:4 ratio, and Treatment 4 was made with a 1:9 ratio of cow milk to coconut milk. The physio-chemical, nutritional, and sensory characteristics of all samples were evaluated to identify the most preferable formulation. Among the four treatments, Treatment 4 (comprising 90% coconut milk and 10% cow milk) exhibited the highest overall quality and consumer acceptability regarding texture, flavor, and aroma. The proximate analysis of Treatment 4 indicated a composition of 3.35% protein, 8.32% fat, 78.45% moisture, 0.42% crude fiber, and 8.32% carbohydrates. The findings demonstrated that increasing the amount of coconut milk enhanced the fat, fiber, and carbohydrate levels while preserving favorable sensory attributes. Consequently, the study concludes that coconut milk can effectively serve as a nutritious and acceptable plant-based yoghurt alternative to conventional dairy yoghurt.

Keywords: Coconut milk, Consumer acceptability, Physio chemical, Sensory characteristics, Yoghurt

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