

NEW TYPE OF DIET ICE CREAM
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ABSTRACT

Yoghurt and unsalted cottage cheese were singly added to Ice Cream mixes at the levels of 10,20 and 30%. The effects of such treatments on some physio-chemical and organoleptic properties were examined. Regardless of the type or the level of the additives. The sugar content of the resultant Ice cream was markedly reduced upto 40% . Accordingly such type of Ice cream could be recommended for diet people. On the other hand addition of 20% and 30% of yoghurt and unsalted cottage cheese, respectively, to Ice cream mixes resulted in markedly improvement in the melting resistance of the resultant Ice cream. Such an improvement may render this type of Ice cream more suitable for consumption in the warm countries. Generally, the treatments had no detrimental effects on the sensory characteristics of the resultant Ice cream. However, the treatments changed the microflora of the resultant Ice cream but within the safe limits.

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