

# Development of nutritious ice-creams from soymilk and pumpkin seed milk and evaluation of their acceptability

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Soybean is rich source of protein and energy instead of these nutritional qualities it is not consumed by a large number of populations. Similarly pumpkin seeds are rich source of protein as well as minerals mainly iron yet they are discarded generally by the population. Pineapple is a rich source of ascorbic acid. The objective of the present study was to prepare nutritionally dense ice-cream by the incorporation of soy milk, pumpkin seeds milk and pineapple pulp and evaluation of their acceptability and nourishing potential. Different types of ice-creams were prepared by soymilk, pumpkin seeds milk as whole and their blends with or without addition of pineapple pulp. At 9 point hedonic scale ice-creams were evaluated in which most of the ice-creams were liked moderately to very much and two ice-creams which were most acceptable *i.e.* whole pumpkin seed milk ice-cream and blended milk ice-cream with pineapple pulp were liked very much to extremely. The nutritional analysis of two most acceptable ice-creams indicated that protein and fat value was found to be excellent and calcium, Iron as well as vitamin C content were also found in good amount in comparison to standard cow's milk ice-cream. Thus these ice-creams would be highly nutritious and acceptable by the population.

**Key Words :** Ascorbic acid, Nourshing potential, Hedonic scale

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