

# Standardization of processing technology and sensory evaluation of avocado squash blended with sapota and aloe

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**SUMMARY :** Different recipes of avocado squash blended with sapota and aloe was prepared with 30 and 35 per cent juice, 40°B and 45°B TSS with 1 per cent acidity. The product was subjected to chemical analysis at an interval of 30 days during the storage period of 120 days. The chemical parameters viz., TSS, pH, total and reducing sugars increased whereas, the acidity and non-reducing sugar content decreased throughout the storage period. Product was free from microbial spoilage because of the addition of sodium benzoate (600 ppm) as a preservative during storage. Sensory evaluation data showed that the blended avocado squash with 30 per cent juice, 45°B TSS and 1.0 per cent acidity was a best recipe and scored high for overall acceptability during the storage period of four months.

**Key Words :** Processing, Avocado, Squash blending, Sapota and aloe

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**A**voocado (*Persea americana* Mill.) is a subtropical and highly nutritious fruit also known as butter fruit. It belongs to the family Lauraceae. 100g of edible portion of fruit consists of fat (26.40g), protein (1.70 g), vitamin A (0.04 mg), vitamin B (0.21 mg), vitamin C (14 mg) and minerals like potassium (460 mg), phosphorus (29 mg), calcium (29 mg), magnesium (22 mg) but low in carbohydrate (5.10 g) and can be recommended as a high energy food for diabetic patients. Sapota is mainly consumed as a fresh fruit is a good source of fat, fibre and minerals. Aloe leaf contains a semisolid gel is a

rich source of vitamins, minerals, amino acids, sterols etc., Because of its immense health benefits, it is used as a nutraceutical in the form of juice, emulsion and syrup. In order to utilize the enormous nutritional and medicinal properties of these fruits along with aloe leaf, present investigation was carried out to develop and evaluate the avocado squash blended with sapota and aloe in terms of various chemical parameters and sensory evaluation.

## EXPERIMENTAL METHODS

The research was carried out at the Division of Horticulture, Gandhi Krishi Vignana Kendra, University of Agricultural Sciences, Bengaluru. The avocado and sapota fruits were procured from local vendors and aloe leaves were obtained from Sanjivini Vatika of the Division of Horticulture.

Juice from avocado and sapota fruits was extracted after the fruits were washed, cut into two halves and the pulp was scooped out from the fruits manually, removing the seeds. The pulp was blended in a wearing blender with equal amount of

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