

Processing and evaluation of avocado nectar blended with sapota and aloe

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SUMMARY : Avocado is one of the most nutritive fruit which is rich in fat (26.40 g) but low in carbohydrate content can be recommended as high energy food for diabetic patients. Research on value addition of avocado fruit is very scanty. So research was carried out to prepare and evaluate the blended avocado nectar with sapota and aloe. The product was subjected to chemical analysis at an interval of 30 days during the storage period of four months. 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 due to the addition of sodium benzoate (120 ppm) as a preservative during storage. Sensory evaluation data revealed that the blended avocado nectar with a composition of 23 per cent juice, 15⁰B TSS scored the highest score for overall acceptability both before and after storage evaluations.

Key Words : Processing, Evaluation, Blending, Avocado, Nectar

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Avocado (*Persea americana* Mill) is a subtropical and highly nutritious fruit known as butter fruit. 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, mainly consumed as a fresh fruit, is a good source of fat, fiber and minerals. Aloe leaf contains a semisolid gel is a rich source of vitamins, minerals, amino acid and sterols etc., Due to 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, present investigation was carried out to develop and evaluate the avocado nectar blended with sapota and aloe in terms of various chemical parameters and sensory evaluation.

EXPERIMENTAL METHODS

The research was carried out at the under graduate processing laboratory in 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, after removing the seeds. The pulp was blended in a wearing blender with equal amount of water (1:1 w/v) and the juice was filtered with muslin cloth.

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