

Studies on preparation of soy coffee powder

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SUMMARY : In the present study the soy coffee powder was prepared from soybeans, jaggery and fenugreek seeds. Soaked soybeans were dried in tray drier at 60°C for 6 hr and then roasted in oven at 115°C for 15 min. Roasted soybeans were dehulled and grounded to obtain fine powder. Soy powder obtained was mixed with jaggery powder and fenugreek seed powder and different flavors (vanilla powder, aniseed powder and cocoa powder). Protein contents in the samples of soy coffee powder were found in the range from 36.23 to 38.69 per cent. The maximum protein content was found in the sample containing same proportion of soy powder and jaggery powder followed by sample with cocoa powder. The carbohydrates in the samples were found in the range from 21.60 to 22.00 per cent. Moisture content and ash content in the samples were found in the ranges from 3.30 to 3.60 per cent and 4.00 to 5.00 per cent, respectively. Fat content found in the samples was in the range from 12.00 to 18.50 per cent.

Key Words : Soybeans, Soy coffee powder, Jaggery powder, Sensory evaluation

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Soybean (*Glycine max* L. Merril) is a member of the family leguminosae, sub-family Papilionoideae and genus *Glycine*. Soybean originates from China. Five major soybean producing countries of the world are U.S.A (31.70%) Brazil (27.90%), Argentina (21.10%), China (6.50%) and India (4.30%) (Ali, 2009). Soybean production in India during 2007-2008 was about 9.47 million tons with an average yield of 1070 kg/ha. Madhya Pradesh ranks first in soybean production which produces 4.98 million tons (52.4%) with productivity of 1021 kg/ha, Maharashtra ranks second in soybean production which produces 3.24 million tons (34.1%) with productivity of 1221 kg/ha.

Soybean provides high quality protein. It contains all the

three macronutrients required for good nutrition as well as fiber, vitamins, minerals. It also provides all essential amino acids in the amount needed for human health. Soy foods and soy based dairy analogs are served as a balanced and remedial substitute of dairy milk for lactose intolerant persons, since soybean has no lactose in it. Soy protein lowers the total and LDL cholesterol level and increases the level of HDL and it provides omega-3 fatty acid which reduces the risk of heart disease. Soy foods contain isoflavones which reduce health risk associated with menopause and osteoporosis. Isoflavones also fight with cancer. Soy protein concentrate and soy protein isolate gives 330 cal/100g. The soy based diet lower the incidences of obesity. Active isoflavone compounds found in soy, specifically, genistein which helps to produce smaller and fewer fat cells.

Numbers of peoples are interested to have a cup of coffee in the morning and after lunch or dinner. Coffee stimulates the nervous, cardiovascular and respiratory systems. But coffee contains 30 to 120 mg/cup of caffeine. Caffeine shows side effects on health such as abdominal pain, diarrhea, and fast heart beats, increases urination, trouble in breathing, restless sleep, nervousness etc. Soy coffee provides benefits of soy with a coffee taste. However, soy coffee gives beneficial effects

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