



RESEARCH PAPER

# Formulation and quality evaluation of hot beverage nutritive soya fee as a substitute of coffee

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## SUMMARY :

The soybean [*Glycine max* (L.) Merrill] has been called the “miracle crop” because of its vast array of uses. They are rich in protein and contain beneficial phytochemicals such as iso- flavones, which may help fight chronic diseases. Coffee contains caffeine which can, in due course of the time, increase risk of heart diseases, insomnia or disrupted sleep, infertility problems, high blood pressure, miscarriage, panic, anxiety and overall stress and a horde of other diseases. Hence, hot beverage nutritive soya fee was prepared. Soaked, split and dried soya beans were roasted at two temperatures 170°C (T<sub>1</sub>) and 160°C (T<sub>2</sub>) for 8 minutes up to dark brown and medium brown colours which were then coarsely ground and used to make a beverage that tastes quite similar to coffee with the addition of cardamom and ginger powder in the milk. Samples were evaluated at the intervals of 15, 30, 45 and 60 days for sensory and chemical analysis. It was found that moisture content was slightly increased; fat and protein content were slightly decreased during storage whereas no significant difference in ash content of samples T<sub>1</sub> and T<sub>2</sub> was noticed during the storage. On the basis of overall sensory attributes, colour of sample T<sub>1</sub> has better appearance as compared to T<sub>2</sub>. Flavour, aroma, taste, after taste and overall acceptability of sample T<sub>1</sub> has got higher score than sample T<sub>2</sub> because of the dark brown colour of the powder. Its score slightly decreased during storage. After chemical analysis, it was found that sample T<sub>2</sub> had high percentage of protein and other nutrients. The shelf life of product was stable up to 60 days during storage period.

**KEY WORDS :** Soya bean, Hot beverage nutritive soya fee, Coffee, Protein, Roasting, Powder

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