



RESEARCH PAPER

# Preparation of omega-3 enriched probiotic *Shrikhand* using walnut powder

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## SUMMARY :

Walnut contains Omega-3 fatty acids and which is helpful in treating variety of health condition like high blood pressure, heart diseases, Asthama, high cholesterol. Yoghurt is useful in gastrointestinal disorders *i.e.* diarrhea and constipation and easily digested by lactose intolerance person. Different proportion of walnut powder, 0% walnut powder T<sub>0</sub>, 5% walnut powder T<sub>1</sub>, 10% walnut powder T<sub>2</sub> and 15% walnut powder T<sub>3</sub> was prepared and studied for acceptability. 2% yoghurt culture was used for preparation of probiotic *shrikhand*, by using yoghurt strains as *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, was formed within four hours. It was observed that chemical composition of all four treatments was nearly same for some constituents but for constituents like fat and total solid the proportion went on increasing with treatment. *Shrikhand* prepared from 10% walnut powder T<sub>2</sub> was more acceptable scoring highest between “like very much to Like extremely” rather than remaining three treatments. Cost of product of *Shrikhand* prepared from 10% walnut powder T<sub>2</sub> was 134.84 Rs/kg. Cost of product was increased as the proportion of walnut powder increased.

**KEY WORDS :** *Shrikhand*, Walnut, Omega-3, Buffalow milk, Yoghurt, Product acceptability, Cost of product

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