

Pea Milk Fortified *dahi* Incorporated with Jamun Seed Extract and Utilization of Starch as a Byproduct for Development of an Edible Film

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Abstract—Fruits contain a diverse assortment of bioactive compounds that exhibit many health benefits and disease-preventive characteristics. With an increasing population, diet serves as an important means of prevention of chronic diseases. Changing consumer needs provides a great opportunity for development of new value-added products that are incorporated with various plant constituents such as Polyphenols, flavonoids etc. possessing good therapeutic potential into dairy products are gaining immense popularity in the world market. In view of the increasing consumer interest in improving their overall health and reducing the risk of specific disorders provide great opportunities for expanding dairy-based products to provide benefits beyond their traditional nutritional value. The present study aims at developing a pea milk fortified dahi for combining the benefits of peas with milk incorporated with jamun seed extract. Pea is among the oldest food legume crops that are recognized as an inexpensive and readily available source of protein, complex carbohydrates (especially starch), vitamins and minerals. The soluble fiber in dry peas and the low glycemic index may help stabilize blood sugar levels, which is especially important for people with diabetes. In the futuristic dairy market, some consumers may demand low priced products, while others may pay a premium for quality and uniqueness. Dahi would be the most preferred dairy product of the future years. Pea starch isolated as a by-product was utilized for the development of Pea starch-based edible film. SEM analysis of film reveals good interfacial adhesion between the film constituents as no surface cracks were observed.

Keywords: Pea milk, fortified, jamun seed, edible film.