

Evaluation of sugar-stevia ratio and standardization of recipe for preparation of low calorie beverages

Om Singh¹, Richa Singh² and Pratiksha Singh³

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ABSTRACT: The half of the sugar can be successfully substituted by stevia without impairing the quality of beverages with respect to colour and appearance, taste, flavour and overall acceptability. The low calorie RTS drink prepared with 25 per cent aonla pulp + 75 per cent mango pulp + 50 per cent sugar + 50 per cent stevia + 13 per cent total soluble solids and 0.3 per cent acidity, nectar drink prepared with 25 per cent aonla pulp + 75 per cent mango pulp + 50 per cent sugar + 50 per cent stevia + 15 per cent total soluble solids and 0.25 per cent acidity and squash prepared with 25 per cent aonla pulp + 75 per cent mango pulp + 50 per cent sugar + 50 per cent stevia + 47 per cent total soluble solids and 1.1 per cent acidity was found to have the highest organoleptic scores with respect to colour and appearance, test, flavour and overall acceptability.

Key Words : Aonla, mango, guava, jamun, jackfruit, sugar-stevia ratio, low calorie, beverages.