

Formulation and Characterisation of Kulfi Using Sesame Milk and Dragon Fruit Pulp

VAISHNAVI MAHESHWARI¹, SARUSHI RASTOGI²

ABSTRACT

Plant-based innovations are gaining traction worldwide, driven by sustainability and health concerns. Kulfi, a traditional Indian frozen dessert, can be adapted to align with this trend, offering a plant-based alternative that caters to a growing market of health-conscious and lactose-intolerant consumers. Application of plant-based milk, as the source which provides plant proteins and lipids in kulfi, not only incorporates the nutritional values and health-promoting effects of plant compounds into kulfi but also does lead to the production of a novel product with specific properties such as lactose-free products, which could be attractive and useful for consumers. Plant based milk is free of cholesterol and has unsaturated fats which increase the health of the cardiovascular system. Studies indicate that a significant percentage of the Indian population is lactose

intolerant, making plant-based alternatives attractive. Plant-based options are also more efficient in terms of emissions, land use, and water usage. Plant-based kulfi can be made using plant-based milk alternatives, such as soy milk, almond milk, and clove oat milk, and can be fortified with essential nutrients to match the nutritional profile of traditional dairy-based kulfi. The development of plant-based kulfi not only addresses health concerns but also aligns with the increasing demand for sustainable and environmentally friendly food options. Plant-based alternatives are becoming increasingly common, this presents an opportunity to innovate and introduce plant-based kulfi to a broader audience, offering a novel and sustainable twist on a classic dessert.

Keywords: Plant-based, Kulfi, Lactose-free, Sustainability, Health concerns, Plant-based milk, Innovation, Frozen dessert

PARTICULARS OF CONTRIBUTORS:

1. B.Sc Student, Department of Nutrition and Dietetics, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
2. Assistant Professor, Department of Nutrition and Dietetics, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Vaishnavi Maheshwari,

B.Sc Student, Department of Nutrition and Dietetics, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad-121004, Haryana, India.

Email: vaishnavimaheshwari21@gmail.com