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Designing of Almond Drink with Phytonutrients Assigned for Pro-Health Oriented Consumers

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Abstract : Background: Recent research presented many evidences confirming that food besides its basic nutritional function, possess significant therapeutic and prophylactic potential. Conscious consumer is aware of diet habits and well being lifestyle influencing a proper functioning that is why there is a need of new pro-health products. Objective: Proposition of the technology of unsweetened almond drinks enriched with plant extracts for pro-health oriented individuals. Research investigated the influence of selected plant extracts addition on antioxidative activity and consumer's acceptance of drinks as all day diet product representatives. Methods: The analysis of the basic composition and antioxidant properties of the almond drink was conducted. Research included analysis of basic composition (protein, lipids and fiber content) and antioxidant capacity of drink (DPPH, ABTS, ORAC value, and FRAP). Proposed drink was also characterized with sensory analysis, including color, aroma, taste, consistency, and overall acceptance. Results: Results showed that addition of plant extracts into an almond drink allowed to improve its antioxidant capacity and sensory value of the drinks. Profitable composition and pro-health properties of designed drink permits offering healthy product for all day consumption. Conclusion: Designed almond drink would be a significant supplement for pro-healthy life style of the consumers. Results showed that plant extracts enriched almond drink would be a good source of antioxidants and accepted by the consumers.

Keywords : phytonutrients, pro-health, almond, wellbeing, antioxidant potential, sensory value
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