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Formulation and Quality evaluation of Vegetable and Herb based Ice Popsicle

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ABSTRACT

The popsicle-type edible ice cream is consumed worldwide for its sensory properties. An ice Popsicle is a frozen water dessert on a stick that is colored and flavored. It is made by freezing colored, flavored water around a stick. Vegetables are considered in dietary guidance because of their high concentrations of dietary fiber, vitamins, minerals, especially electrolytes; and more recently phytochemicals, especially antioxidants. The aim of the present study was to formulate Popsicle with natural vegetable (carrot/beetroot) and herb (basil leaves/mint) extract along with the addition of immune boosters (turmeric/ginger) and brown sugar without the addition of artificial color and flavoring agent. Two variation of vegetable (carrot/beetroot) and herb extract (mint/basil leaf) based ice Popsicle will be formulated with addition of chia seed, brown sugar, turmeric and ginger extract. The vegetable and herb based ice popsicle were evaluated for organoleptic characteristics, physical properties (pH, total soluble solids, titratable acidity and melting rate), proximate composition (energy, protein, carbohydrate, ash, moisture, vitamin A and vitamin C), shelf life study and microbial analysis. The present study concludes that the vegetable and herb based ice Popsicle were nutritionally a better product than the commercially available popsicles as it is formulated with natural ingredients.

KEYWORDS: *Popsicle, vegetable and herbs, Microbial analysis, Proximate analysis, Antioxidant and physical properties.*