

Development of Pineapple Smoothie

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Abstract

A pineapple smoothie with coconut sprouts and coconut milk is a well-balanced combination of tropical flavors and healthy nutrients. The main objective of this study is to create a delicious smoothie drink by combining pineapple with coconut sprouts and coconut milk. Good quality pineapple and coconut sprouts in different four types of ratios were made with the other ingredients. The pulp of pineapple and coconut sprouts was blended well and other ingredients were mixed well and the smoothie was made and it was filled into clean cans, sealed and then retort sterilized at 120 °C and 1.5 bar for 20 minutes. The produced smoothie was evaluated for physicochemical analysis, sensory attributes and microbial analysis (Total plat count) for one month stored and the data were analyzed and interpreted at the 0.05 significance level. No significant quality changes were observed during storage. Based on the evaluation of the four samples, the highest pH is from T1 and the lowest pH is from T4, the highest brix value is T4 and lowest brix value is T1, there is no difference in moisture values and fat values. However, based on the sensory evaluation, T2 had the highest mean score for overall acceptability. This study successfully introduces a novel smoothie utilizing coconut sprout, a byproduct of the coconut industry.

Keywords: Coconut sports smoothie, Physicochemical analysis, Sensory evaluation, Sterilization, Total plat count