



816/B

Use of *Cyclea burmanni* (Kahipittan) leaves for the production of herbal yoghurt

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The aim of the study was to produce a value added herbal yoghurt incorporating *Cyclea burmanni* (Kahipittan) leaf juice which is already used as a medicine in Ayurvedic treatments. The recipe was developed to produce low fat yoghurt containing 1.5 % fat and preliminary trials were conducted to select the best level of sugar (8, 9 and 10 %), best level of gelatin strength (0.4, 0.5 and 0.6 %) and the best level of leaf extraction (8, 9 and 10 %). A sensory evaluation was performed in order to select the best level of sugar (8 %) and gelatin strength (0.5 %). Finally a sensory evaluation was conducted to select the best level of *Cyclea burmanni* leaf extract incorporation (8, 9 and 10 %) and 9 % was selected in wet basis as the best leaf extract incorporated level. Set yoghurt was developed after the preliminary trials. Vanilla flavour and apple green coloring were used in order to give the normal taste and color of yoghurt. Sensory best product contained of 8 % sugar, 9 % leaf juice, 1.47 % fat, 2.5 % culture and 0.5 % gelatin. Physicochemical properties of the final product were determined and it comprised 5.93 % crude protein, 11.43 % carbohydrates, 0.32 % crude fiber and 1.95 % ash. The average pH and acidity of the final product were 4.71 % and 0.92 % respectively. Microbiological analysis of the final product demonstrated the absence of *E. coli*, a yeast count <1000 per gram, and a mould count <1 per gram up to the 7th day of storage. The shelf life of the final product is 7 days. The keeping quality, proximate analysis and microbiological results show that the final product is safe for human consumption. Therefore *Cyclea burmanni* can be introduced to yoghurt in order to produce value added low fat yoghurt with high herbal and nutritional properties. Further studies will need to improve microbial quality of yoghurt in order to obtain longer storage time.