

Formulation of Non-Dairy Probiotic Yoghurt in Context to Preclusion of Health Measures

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Abstract: Increased consumer interest in health has driven a notable increase in the demand for functional foods, especially those containing probiotics. These beneficial microorganisms, recognized for their positive impact on health, are live bacteria or yeasts that offer advantages when consumed in appropriate quantities. They are commonly found in fermented dairy items such as yogurt but are now also making their way into non-dairy alternatives, addressing concerns related to dairy consumption.

Yogurt, a widely acknowledged probiotic-rich food, is crafted through fermentation using specific strains of lactic acid bacteria. It provides various health benefits, including bolstering the immune system and enhancing the absorption of essential minerals and vitamins. However, the surging popularity of non-dairy yogurt options, derived from plant-based sources like soybean, almond, and coconut milk, illustrates a growing preference among consumers for lactose-free and cholesterol-free alternatives.

The criteria for producing and classifying probiotics and yogurt underscore safety, viability, and health advantages. Challenges in developing non-dairy probiotic products are also discussed, particularly in ensuring the viability of probiotics throughout processing and storage. Nevertheless, ongoing research endeavours seek to overcome these obstacles, aiming to optimize non-dairy probiotic offerings and provide consumers with a broader range of nutritious and functional food choices.

Keywords: probiotics