

DEVELOPMENT OF CEREAL INCORPORATED YOGHURT

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by

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Abstract

Yoghurt is a fermented milk products obtained from coagulation of milk by the agency of organisms of types *Streptococcus thermophilus* and *Lactobacillus bulgaricus*. *Lactobacillus acidophilus* may be present. It is known as highly nutritional food item having more health benefits. Cereals are the edible seeds (grains) of the plants of the grass family (Grameneae). Cereals are considered as healthier, and provide staple food for most Asians. Incorporating both nutritional sources, this study was aimed to develop a ready – to – serve cereal incorporated yoghurt as a new yoghurt product, while adding value to local cereal varieties such as Rice (*Oryza sativa*) and Finger millet (*Eleusine coracana*). The study was carried out in four major phases, Background Study, Preliminary trials, Experimental trials and the Final analysis where shelf life determination, proximate analysis and cost analysis were done. The best formulae for cereal incorporated yoghurt were, 4% of rice flour incorporated yoghurt (R4) and 8% of flour combination incorporated yoghurt (RF2). Both yoghurt types had higher SNF content and lower fat content than plain milk yoghurt. Basic raw material cost for the production of one R4 yoghurt cup is LKR. 6.14 and that for RF2 yoghurt is LKR. 6.84. The shelf life of R4 yoghurt was 9 days and for RF2 yoghurt it was 11 days. Both were obtained without the addition of preservatives.

Key Words: Cereal, Yoghurt, Cereal incorporated yoghurt, Proximate analysis, Shelf life determination