

## **Rice Milkshake Added with Fermented Rice Bran and Fruit Pulp**

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### **ABSTRACT**

Rice milk is a superior source of B vitamins and minerals and free of lactose and cholesterol. It can be used as a dairy substitute for vegetarians and people with lactose intolerance and allergy to soya foods. This study was carried out to formulate nutritionally rich rice milkshake with preferable sensory qualities. The rice variety At 309 was selected for the study out of four varieties (At 309, Bg 300, Bg 360 and At 405) through a sensory evaluation to formulate sweetened rice milk. The ratio of pineapple/wood apple pulp and fermented rice bran to incorporate pre-biotic activity were obtained through sensory evaluation. Three ready to serve milkshake formulae were developed and sensory attributes and physico-chemical properties, namely, brix value, acidity, and pH value, microbial properties, total plate count and yeast and mould count were measured. Shelf life of the final products in either bottled and sterilized conditions were evaluated after two weeks and one month. No significant differences were observed in physico-chemical and microbial properties during 1-month storage period at ambient temperature. The product can be safely stored at least for 1-month period. Proximate and antioxidant analysis revealed that wood apple with rice bran added rice milkshake had the highest nutritional value.

**Key words:** Nutritionally rich, Pineapple, Rice bran, Pre-biotic, Wood apple