

## **SHELF LIFE STUDIES OF “CARROT JUICE ENRICHED PROBIOTIC SHRIKHAND”**

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### **ABSTRACT**

Shrikhand is a Maharashtrian dessert popularly known in common household and it is fermented product among the available milk products which are prepared locally. Shrikhand contains acid and sugar, thus exhibiting longer shelf life. The present study aims to study the shelf life of Shrikhand by adding carrot juice, to enhance its health benefits. Further, the study used two different wild strains of non-probiotic and probiotic cultures in the room and controlled (refrigeration) temperature. The findings show that, Shrikhand with probiotic features was prepared by heating whole milk, which was used as a control and another one was added with carrot juice with a ratio of 7.5:1 proportion, this has yielded 27.8 per cent and 29.3 per cent of chakka respectively. The findings also revealed that, the overall acceptability was more in Shrikhand with probiotic features enriched with carrot juice. The results show that, the keeping quality of carrot enriched probiotic juice was comparatively revealed to be 4 days duration, than whole milk which lasts only for 3 days, at the prevailing temperature (29+10C). In addition to this, the study also focused on the viability of cultures, it was found to be about 6 log10cfu/g. Thus the study concludes that, Shrikhand enriched probiotic with carrot juice reveals increased keeping quality till 30 days when compared to other milk products which are not enriched.

**KEYWORDS:** Shrikhand, Carrot Juice, Optimization, Probiotic Cultures Shelf Life of Shrikhand