

DEVELOPMENT OF RECIPE AND TECHNOLOGY OF YOGHURT WITH BLUEBERRIES AND STRAWBERRY ON THE BASIS OF “PROBIO YOGHURT” SOURDOUGH

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Sour milk drinks are widely used for the prevention and treatment of a number of diseases, especially those of a gastrointestinal nature. Nowadays yogurt is one of the most popular sour milk all over the world.

Yogurt is a well-known, modern and healthy product, a representative of the class of fermented milk products.

The biological properties of yogurt are the inhibition of pathogenic microorganisms, the stimulation of the growth of beneficial intestinal microflora and the anticarcinogenic effect. The main raw material for the production of yogurt is milk. It is recommended to daily consume up to 50% of the daily amount of milk in the form of dietary fermented milk drinks.

Given the valuable preventive and therapeutic properties of low-calorie yogurt, this product is recommended for overweight people. Excess weight is the first step towards obesity - a chronic, serious, multifactorial disease. This is not only an excessive accumulation of adipose tissue in the body, not only a cosmetic defect. Obesity is associated with disorders affecting the musculoskeletal system (arthritis), blood vessels (varicose veins), gastrointestinal tract, heart (coronary heart disease, hypertension), reproductive system (infertility). Excess weight accelerates the aging of the body. In addition, obesity is the basis of emotional dissatisfaction, low self-esteem.

Therefore, the improvement of technology, assortment and recipe composition of yogurts is relevant for the current state of the technology for the production of functional, including probiotic products.

The aim of the study is to develop a formulation (Table 1) of yogurt based on “Probio Yogurt”, using berries: blueberries and strawberries, which made it possible to enrich the taste of the product and increase the content of phytonutrients in it.

Table 1

Recipe for yogurt based on “Probio Yogurt” sourdough with berries added per 1000g of finished product

| Ingredients | Weight, g | |
|------------------------------|------------------|-----------|
| | with added sugar | sugarless |
| 1. Whole cow's milk | 800 | 850 |
| 2. Powdered milk | 97 | 97 |
| 3. Sourdough "Probio yogurt" | 3 | 3 |
| 4. Sugar | 50 | - |
| 5. Strawberries | 25 | 25 |
| 6. Frozen blueberries | 25 | 25 |
| Output: | 1000 | 1000 |

Blueberries stand out for their high content of antioxidants, vitamin C and manganese. The anthocyanins in blueberries are known to be good at protecting blood vessels (this was confirmed in a study in pigs), and an experiment in rats showed that this berry is effective in preventing macular degeneration and cataracts. Blueberries have also been shown to reduce inflammation and help treat chronic inflammatory diseases..

Strawberries are one of the lowest calorie berries - only 32 kcal per 100 g of berries. At the same time, it contains quite a lot of flavonoid antioxidants, anthocyanins and ellagic acid, as well as lutein, zeaxanthin and beta-carotene. Like other berries, strawberries are very good for the heart and fighting inflammation. It is also rich in vitamin C (130% RDA per 100 g), folic acid (6% RDA) and B vitamins. Of the minerals, you will find about 20% manganese and 4% potassium in it.

The proposed recipe and technology of yogurt allows to expand the range of products belonging to the class of "healthy", the high content of viable microflora even after thermization, allows to characterize the product as a probiotic. This yogurt contributes to the normalization of intestinal microbiocenosis and stimulation of the body's immune system.

The quality of yogurt was evaluated by organoleptic indicators.