

# Food & Nutrition

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## Production and proximate analysis of zobo-tigernut drink (Tybo drink)

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Beverages are essential for their thirst quenching function as well as their ability to provide nutrients especially the micro nutrients. That is why there is a renewed interest in naturally sourced beverage in preference to the artificially flavoured beverages. Zobo has a unique taste that makes it pleasurable to all classes of people in Nigeria. Tigernuts on the other hand are remarkably nutrient dense, high in iron, potassium, zinc, phosphorus, vitamin E and C. This research was therefore carried out to produce a nutritious drink from blend of zobo and tigernuts. 500grams of zobo and tiger nuts were purchased, sorted and washed. Zobo drink was prepared by cooking and extraction. The tigernuts were washed ground and milk extracted. The blending was done using different ratios of tigernuts juice/milk (100mils to 500mils of zobo, 200mils of tigernuts to 500mils of zobo etc). The sample that was blended with 200mils of tigernuts was the best in colour and taste and was selected for proximate analysis. The proximate analysis carried out showed that the tybo drink has 40.8 mg of ascorbic acid, 6.6mg of calcium, 2.4 gram of potassium, 4.6 g of phosphorus, 2.1g of sodium, 5.4g of protein and 2.7g of fat. Developing a nutritious drink from zobo and tigernuts will help individuals meet their daily required intake of micro nutrients.

### Biography

Ezeh Chidimma Francisca is working at Federal University of Technology, Nigeria. She has extended her valuable service for many years and has been a recipient of many awards and grants. Her international experience includes various programs, contributions and participation in different countries for diverse fields of study. Her research interests reflect in her wide range of publications in various national and international journals.

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