

22nd Euro-Global Summit on

Food and Beverages

February 28-March 01, 2019 | London, UK

Peach and plum blended juice: Trending into nutritional, functional and health-promoting beverage

Saira Sattar and **Muhammad Kamran Khan**

Government College University Faisalabad, Pakistan

Peach (*Prunus persica*) and Plum (*Prunus salicina*) are short-lived underutilized stone fruits around the world and are rich in flavonoids, essential minerals, vitamins, fiber, phenolic compounds and antioxidants. Peach and Plum are widely utilized mainly in the form of liquid (juices). The presence of various functional components makes them an important commodity in medicinal world as a health promoter. Peach and plum blended juice has a strong potential to serve the beverage industry as a functional beverage as along with providing thirst quenching, nutritious and energizing attributes they greatly enhance the functionality of various pathways in the body including the digestive system, cardiovascular system, nervous system, renal system and oxidative stress.

sairasattar1607@gmail.com