

# 3<sup>rd</sup> International Conference and Exhibition on **Probiotics, Functional & Baby Foods** September 23-25, 2014 Hotel Royal Continental, Naples, Italy

## Effects of honey on quality characteristics of set-type yoghurt during cold storage

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Yoghurt is relatively high nutrient food due to excellent source of protein, calcium, phosphorus, riboflavin (vitamin B2), thiamin (vitamin B1) and vitamin B12, and a valuable source of folate, niacin, magnesium and zinc. Due to the fact that plain yoghurt has sour taste, fruit, flavourings and sweeteners have been incorporated to enhance the flavour balance. Honey, which is becoming a popular ingredient in dairy products has the ability to reduce the sourness of solutions which can improve consumer acceptability of acidic products such as yoghurt. Honey utilization has been getting interest as a substitute sweetener in different foods such as yoghurt, due to its “healthy” and “natural” image, and reports on health benefits. Honey in combination with milk provides excellent nutritional value and it is recommended for use for children as the main source of nutrition. In this study honey incorporated yoghurt at level of 3%, 5% and 7%. It was stored for 28 days. Physicochemical, sensory and microbiological characteristics of honey added yoghurt was determined.

### Biography

Emin Mercan has completed his Master in Dairy Science and Technology at the age of 25 years from Selcuk University and started PhD in the same field at Selcuk University. He has published 2 papers in SCI indexed journals.

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