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Sensory acceptance and survival of probiotic bacteria in ice cream produced with diet fibers sources

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The effect of different overrun levels on the sensory acceptance and survival of probiotic bacteria in ice cream was investigated. Ice creams supplemented with *Lactobacillus acidophilus* and *Bifido bacteria* were produced with adding of sun flower, corn, barley, rice, apple, apricot, grapediet fiber sources that obtained from industrial production residues. Viable probiotic bacterial counts and sensory acceptance were assessed. All the ice creams presented a minimum count of 6 log CFU/g at the end of 60 d of frozen storage. In addition, it was reported a positively influence about acceptability with respect to appearance, aroma, and taste of the ice creams. Overall, the results suggest that diet fiber resources should be adopted during the manufacture of ice cream in order to maintain its probiotic status through the shelf life.

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