

CONSUMER ACCEPTANCE OF LENTILS-COCONUT ICE CREAM:
EFFECTS OF VARYING XANTHAM GUM

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Background:Vegetarian eating and healthy eating are growing trends around the world. The benefits of healthy eating are endless but the options for healthy foods, especially desserts, are not. So as more and more of the population is trying to adopt a healthier lifestyle and more and more healthy snacks are being produced, it was inevitable that the ice cream being introduced follow along the same principle.

Objective: The purpose of this study was to produce a completely vegetarian alternative to ice cream with all the physical properties (flavour, smoothness, appeal) and acceptability of the already available (non-vegetarian) version.

Design: An initial formula of the Lentils-Coconut ice cream was produced and distributed among a ten (10) panelist focus group to get feedback from potential consumers on improvements that can be made to the produce. Their ages ranged from 21-54 years. The modified lentil-peas ice cream was subjected to Hedonic testing by 50 panellists. The colour of the ice cream was determined instrumentally. The forms were then gathered; the data recorded and analysed using SPSS.

Results: Each 100g serving (as fed) of ice cream contains: 24.57 % dry matter, 2.45 % protein and 1.56 % fat. Eighty two percent (82%) of the sensory evaluation panelists liked the ice cream, the average rating, using a nine (9) point hedonic scale was 6.80 (like moderately) and a standard error of ± 0.256 . Forty percent (40) of the panelists thought it was a good product when comparing it to other brands of ice cream and gave it an average rating of 2.51 (good) with a standard error of ± 0.177 .

Conclusion: From the feedback given, it is clear to see that alternative ingredients can be used to achieve a healthy ice cream with desired qualities.