



Journal

**PROPERTIES AND THERAPEUTIC
VALUE OF FROZEN YOGHURT
FORTIFIED WITH MOLASSES
(COMMERCIALY BLACK HONEY)
AS A SOURCE OF ORGANIC IRON**

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ABSTRACT

This work was planned to manufacture a new type of frozen yoghurt (low fat, low sugar, suitable for lactose intolerance individuals , fortified with natural source of iron (molasses) to provide the consumers with more organic iron .Three treatments (control, 5%, 7% molasses) were manufactured and analyzed chemically, physically, and organoleptic evaluation were performed.

All supplemented samples were acceptable and had a slight variation in their properties. The main conclusion is production of low fat, low sugar frozen yoghurt that resulted a reduced calories when these products are eaten. Such products are suitable for individuals who are suffering from obesity and lactose intolerance as well as iron deficiency anemia because of its higher content of a natural source of iron.

Key-words: Anemia, Fortification, Frozen yoghurt, Lactose-intolerance, Molasses.