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DEVELOPMENT OF CARBONATED

HERBAL NELLI DRINK

(*Phyllanthus emblica.*)

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## ABSTRACT

Amla fruit is considered as the mother of Ayurvedic medicine and there is a wide array of pharmaceutical and food products manufactured using fresh Amla fruit, pulp and Amla fruit powder. Amla fruit cordial which is commonly found in south india and upper of part of Sri lanka is well known as Nelli cordial. Due to appealing demand in the market for healthy fruit drinks with carbonation, this study was undertaken to develop a product which has both natural and artificial attributes of a standard soft drink.

This study attempted to identify a suitable recipe to develop a Carbonated Amla fruit drink (Nelli drink) by using fruit extraction (pulp) and sugar syrup. The study also examined for a period of 8 weeks the variation of chemical and microbiological changes in the product such as PH, Microbiology count, brix value and carbonation in an attempt to identify the shelf life of the product. The results showed that for a period of 8 weeks of those parameters were within the accepted range as prescribed by SLS soft drinks regulations.

Extraction of Amla fruit juice was done using pulping method and adding constant ratio of water to amla fruit pieces and obtained extraction was mixed with sugar syrup which has different brix values. Amla fruit extraction and sugar syrup was mixed to formulate the flavoured syrup (1000ml) which has a higher brix value (21.1) and then 100 ml from the flavoured syrup was mixed with 100 ml of carbonated water (4v/v) where the final drink bottle of 200ml posses 2v/v amount of carbonation. Optimum Amla fruit extraction for making of 1000ml was 200ml and 800ml from sugar syrup. Final brix value of the product was 11 as obtained from sensory evaluations and benzoic acid was used as the preservative and citric acid was also used to enhance flavour (0.003%) . Final PH of the product was set to 3.3. As storing conditions both room temperature and cool room temperature (4<sup>0</sup>C) was used.

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