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ARTISANAL RASPBERRY JAM WITH BANANAS, LEMON AND BASIL FLAVOR

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Abstract

Raspberry is one of the most delicious berries, which has a lot of benefits for the health and beauty of the body, it is popular due to the high content of vitamins, calcium, iron, potassium, magnesium, salicylic acid, it is easy to plant and does not need special growing conditions.

The vitamins and chemical compounds in the composition of raspberries contribute to the daily intake required by the human body, but at the same time they help the metabolism to function properly.

Bananas are extremely healthy and delicious, they contain several essential nutrients and offer benefits for digestion, heart health and weight loss.

• Introduction

Jam is a very concentrated source of nutrition when made with fully ripe fruit, as antioxidants tend to increase as the fruit is riper, however, ripe fruit also has a higher concentration of sugar, so more calories.

• Material and method

Three different varieties of sweetness were obtained and evaluated from a sensory point of view:

- ❖ assortment 1: raspberry jam;
- ❖ assortment 2: raspberry jam with bananas;
- ❖ assortment 3: raspberry jam with bananas and basil flavor.

The three varieties of jam are characterized by special organoleptic properties, due to the raw and auxiliary materials used in their composition. Following the evaluation of the sensory properties, it was observed that the version of raspberry jam with bananas and basil flavor was the most.

• Results and discussions

Following the results obtained from the sensory evaluation, it was found that the raspberry jam with banana, lemon and basil flavor was highly appreciated by the tasters, especially for the following characteristics: taste, color, appearance and smell, consistency.

• Conclusions

Raspberries are popular due to their high content of vitamins, calcium, iron, potassium, magnesium, salicylic acid, they are easy to plant and do not need special growing conditions.

The vitamins and chemical compounds in the composition of raspberries contribute to the daily intake required by the human body, but at the same time they help the metabolism to function properly.

Acknowledgement: jam, raspberry, banana, lemon, basil