

## **EXPANDING THE ASSORTMENT OF HOT DRINKS**

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According to some estimates, the coffee drink is the second most consumed substance on the globe after water.

Today's realities encourage restaurateurs to expand the range of drinks, taking into account the taste preferences of consumers. One of these preferences is the use of lactose-free raw milk. Therefore, drinks are in demand and are systematically consumed by the population of Ukraine, especially coffee drinks with the addition of lactose-free raw materials.

Modern life involves an increase in allergic diseases of people, which are associated with an increase in allergens, xenobiotics, the use of synthetic food additives, the environmental situation, and the impact of stress on a person [1].

Many people have a food allergy to a certain component of a product such as nuts, citrus fruits, seafood or dairy products. A large percentage of food allergens are milk protein and milk sugar - lactose. The latter is called lactose intolerance or lactose insufficiency. In Ukraine, the prevalence of lactose intolerance is 61% among the population, the symptoms of which range from digestive disorders to weight loss and delayed child development. It is common among babies and in critical moments, it can negatively affect their development and further life [2].

Analyzing the above, we determined the goal and task of the research: to improve the recipes of hot drinks and to evaluate the quality of new coffee drinks.

To improve the quality of coffee drinks, we chose three components, namely: soy milk, dry ice cream mixture and vegetable cream.

Soy milk is a tasty, nutritious and safe alternative to cow's milk for people with lactose intolerance. The calorie content of the product is two times lower than that of cow's milk, only 40 kcal, which makes it possible to drink it with different diets. There are few fats and carbohydrates in the drink, they are easily digested, the protein composition can easily replace animal protein.

It is especially important to know that the benefit of soy milk lies in its unique amino acid composition. Only soy contains a complete list of amino acids and many other elements necessary for humans.

Plant milk has certain useful properties. Soy milk has biologically active compounds, mainly isoflavones, that have beneficial effects on human health, increasing protection against cancer, cardiovascular disease, osteoporosis, neurodegenerative disorders and dermatological diseases.

The use of dry mix for ice cream encourages to increase the content of protein in drinks due to its variation in the dry mix from 3.74% to 7.08%.

Vegetable cream is a white powder consisting mainly of glucose syrup and vegetable oil. Cream with a fat content of more than 37% is also quite a friendly product for people with lactose intolerance. Since it is actually fat that has been separated from milk, the lactose content in it is very low: 15 ml of heavy cream contains only about 0.5 g of lactose.

«Coffee is black» No. 948 was chosen as a control sample according to the collection of recipes for dishes and culinary products. Each of the ingredients described above was added to this coffee and the effect of a certain ingredient on the quality of the drink was determined.

When using vegetable cream in the innovative technology of the drink, the amount of proteins compared to the control sample increased by 8.453%, the amount of fats: 3.834%, the amount of carbohydrates by 0.49%, the energy value increased by 70.278%.

Below are data on the nutritional value of the control and test samples (Table 1).

Table 1.

#### Nutritional value of improved hot drinks

Indicators	Frappe coffee	Cappuccino on soy milk	Lactose-free latte with spices and cream
Energy value, kcal	368,54	122	82,318
Proteins, g	2,36	9,74	67,86
Fats, g	7	3,2	16,3
Carbohydrates, g	9,037	4,45	1,53

The introduction of an assortment of products based on the latest technologies into the production program of a restaurant enterprise will improve the assortment of coffee drinks and the diet of visitors, enriching the drinks with minerals and vitamins, reducing the energy value by reducing the sugar and fat content in the recipe. This will have a positive effect on the body, and will also contribute to increasing human immunity.

#### References:

1. Identification of a variant associated with adulttype hypolactasia / N.S. Enattah, T. Sahi, E. Savilahti // Nat. Genet. – 2002. – Vol. 30, N 2. – P. 233-237.
2. Україну накрила епідемія вегетаріанства – ЗМІ. УНІАН : веб-сайт. URL: <https://www.unian.ua/society/2297556-ukrajinu-nakrila-epidemiya-vegetarianstva-zmi.html> (дата звернення: 12.12.2022).