

**REVIEW ON PRODUCTION AND QUALITY OF COW MILK
YOGHURT BY ADDING PURE HONEY, GINGER AND GARLIC**



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ABSTRACT

This review on the production and quality of cow milk yoghurt by adding pure honey, ginger and garlic, provide the efficient way to integrate knowledge on the value added yoghurt and their specific quality characteristics. Also, mainly discussed the production technologies and quality of value added yoghurt and their nutritional and medicinal value for consumers. Extracted secondary data from previously published sources categorized and summarized to get the conclusions.

Yoghurt, is a food produced by bacterial fermentation of milk. Cow's milk is the milk most commonly used to make yoghurt. Honey gives natural sweet flavor and it act as a good alternative for sugar in yoghurt production. Ginger and garlic constitute valuable natural antioxidants as the bioactive compounds such as phenolic and terpene compounds, allicin, alliin and therefore yoghurt can be enhanced by fortification with those spices. It is discussed how honey, ginger and garlic spices affect the quality of end product yoghurt and what are the forms of addition those ingredients and related technologies. Review study founded that different forms of ginger i.e., ginger juice, ginger powder, ginger aqueous extract used for production of ginger spiced yoghurt and different forms of garlic i.e., garlic paste, fresh garlic juice, isolation of garlic essential oil were used to prepare garlic spiced yoghurt. Finally, it could be concluded that the pure honey, ginger and garlic are enriching the yoghurt manufacture and it is very much important in the improvement of human nutrition and elevating healthcare providing non-conventional compounds to yoghurts without altering the unique characteristics.

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