

# Effect of Standardized Milk in Rice Milk Blend on the Quality and Acceptability of Nutritious Value Added Dessert

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**Abstract**—Rice milk is non-dairy milk processed from brown rice. Brown rice is a highly nutritious food and high in fiber, energy, carbohydrates, gluten free and can be incorporated into a variety of value added product. Effect of standardized milk in rice milk blend on the quality and acceptability of nutritious value added dessert were studied. The three types of rice milk and standardized milk blends were prepared for the formulation of value added nutritious dessert TR<sub>1</sub>, TR<sub>2</sub>, TR<sub>3</sub> 1:1,1:2, 1:3 respectively and three different levels of paneer 5%, 10% and 15% showed as P<sub>1</sub>, P<sub>2</sub> and P<sub>3</sub> respectively were compared to each other. The dessert prepared from 100% standardized milk with 10% paneer served as control (T<sub>0</sub>P<sub>2</sub>). The organoleptic quality showed that there was a significant difference ( $P < 0.05$ ) for color, consistency, taste and overall acceptability among all the samples. The difference in the overall acceptability noted in different treatment combinations was due to variation of rice milk and standardized milk. These were evaluated for their quality potentials and for possible consumption as a dessert. The maximum energy value of 260.66 (Kcal/100g) was recorded in TR<sub>3</sub>P<sub>3</sub> followed by T<sub>0</sub>P<sub>2</sub> (259.15), TR<sub>2</sub>P<sub>3</sub> (244.29), TR<sub>3</sub>P<sub>2</sub> (242.33), TR<sub>1</sub>P<sub>3</sub> (234.62), TR<sub>2</sub>P<sub>2</sub> (226.93), TR<sub>3</sub>P<sub>1</sub> (221.64), TR<sub>1</sub>P<sub>2</sub> (217.2), TR<sub>2</sub>P<sub>1</sub> (206.84) and TR<sub>1</sub>P<sub>1</sub> (196.3). The difference was found to be significant in most of the treatment combinations. It was concluded that the dessert be encouraged due to the high energy value so as to helps prevent under nutrition as well as a range of noncommunicable diseases and conditions.

**Keywords:** Rice milk, Dessert, Non-dairy milk, Standardized milk, Organoleptic quality.