

## Successor of Dairy Milk

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Plant-based or non-dairy milk alternative is the fast-growing segment in newer food product development category of functional and specialty beverage across the globe. Nowadays, cow milk allergy, lactose intolerance, calorie concern and increase in cholesterol rate, more preference to avail the solution to Successor of dairy milk. Plant-based milk alternatives are a rising trend, which can serve as an inexpensive alternate to poor economic group of developing countries and in places, where cow's milk supply is insufficient. Though numerous types of innovative food beverages from plant sources are being exploited for cow milk alternative, three plain soya milk, coconut milk, rice milk (full-fat and light) replaced 100% of the whole dairy (cow) milk in control. Milks incorporated differed in total solids, pH, viscosity, particle size distribution and colour when assessed roughly. In popovers, neither volume nor acceptability differed with successor of dairy milk substitution. For SDM, flavour, texture and overall acceptability did not differ and appearance of the SDM products was preferred, either SDM can successfully be substituted for dairy milk. SDM is one of plant-based complete proteins and as compared to cow milk is a rich source of nutrients as well. Cow milk is containing near twice as much fat as and ten times more fatty acids do SDM (approx). SDM contains more Fe (ten times more) than does cow milk. Cow milk and SDM contain nearly identical amounts of protein and water and fibre is a big plus point which dairy has none. Although what we choose to drink SDM is really a matter of personal preference and our health objectives but looking at the comparison, SDM looks like healthier choice.

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