

## **TURNING SWEET POTATO JUICE INTO PROBIOTIC BEVERAGES**

**Mohamed Tarek<sup>1</sup>, Zoltán Cziáky<sup>1</sup>, István Hegedüs<sup>2</sup>, Judit Tarek-Tilistyák<sup>1</sup>**

<sup>1</sup> University of Nyíregyháza, Agricultural and Molecular Research and Service Institute, H-4400 Nyíregyháza, Sóstói Str. 31/b., tarek.mohamed@nye.hu

<sup>2</sup> Nyírségi Édesburgonya ZRt., H-4600 Kisvárda, Rákóczi Str.14/b., histvan2012@gmail.com

Probiotic beverages are non-alcoholic, fermented products that promote health, have special sensory properties and increased shelf life. Because probiotics need to be replenished regularly in adequate amounts in the human body, probiotic juices made from sweet potatoes are excellent for this purpose. In this research we studied the propagation of five different probiotic cultures (ABT 5, BB12, Lalcult Protect LP100, Nu trish LA 5, YoFlex Acidify 1.0) in sweet potato juice which was obtained from pressing of orange fleshed sweet potato tubers, Beauregard variety. Fermentation parameters: 24 h at 37°C, than juices were stored at 4-6°C for 30 days. Sugar content, organic acids, pH, probiotic bacterium count and sensory properties were analysed at the end of storage time. Probiotic bacteria count was measured at the beginning and the end of fermentation process and storage. We found that all the probiotic cultures propagated well in sweet potato juice. The bacteria count of all fermented beverages exceeded 10<sup>6</sup> CFU/ml after 30 day storage at 4 6°C. The fermented beverages had fine, harmonic taste except for the Yoflex fermented juice, which had a sweeter taste.