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## (54) Title of the invention: PROBIOTIC AMLA BEETROOT JAM

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## (57) Abstract:

The present invention relates to the probiotic amla beetroot jam developed by heating amla (Phyllanthus emblica; Indian Gooseberry) and beetroot (Beta vulgaris L.) together and inoculated with probiotic lactic acid bacteria (Lactobacillus plantarum SK-3, Lactobacillus fermentum J-1, Pediococcus acidilactici M-3, and Pediococcus pentosaceus SM-2). Probiotic amla beetroot jam • is rich in antioxidants, soluble fiber, carotene, calcium, magnesium, iron, potassium, phosphorus, sodium and zinc and vitamins such as biotin, folic acid, niacin and vitamin B6. It has no supplementary nutrients added to it. The incorporation of probiotic bacteria improved the organoleptic and physical properties of the final jam product. Therefore, development of probiotic amla beetroot jam have great importance in having high amount of antioxidants, ascorbic acid content and in showingin-vitrocholesterol reducing property in addition to several other health benefits.

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