AN OVERVIEW ON RECENT TECHNOLOGICAL ASPECTS AND HEALTH CONCERNS OF PLANT BASED MILK ALTERNATIVES

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ABSTRACT

Plant Based Milk Alternatives are the perfect solution for individuals opting for non dairyproducts and gaining immense popularity in last two decades. Plant-Based Milk Alternative is one of the rapidly growing segments in the functional and specialty beverage category across the globe. An Increasing number of health-conscious consumers choose Plant-Based Milk Alternatives (PBMA) due to various medical and ethical reason. The major advantages of consuming Plant based milk alternatives are the presence of micronutrients, heart healthy unsaturated fatty acids, bioactive compounds, phytochemicals and antioxidant properties. Irrespective of its appreciable nutritional profile, the major disadvantages of consuming Plant based Milk Alternatives are poor protein and high carbohydrate content, off flavor, presence of anti nutrients which has to addressed to improve the nutritional and sensory profile of the PBMA. Considering the nutritional advantages of novel and innovative plant based milk alternatives, this current research work aims to provide conclusive overview on the existing data pertaining to the types, processing techniques, merits and demerits and novel food product formulation of Plant based Milk alternatives

KEYWORD: *Plant based Milk Alternatives, Lactose intolerance, Extraction process and Blending*