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**Title : Development of a Health Drink with Functional Ingredients “Herbasil”****Author(s) :** Bijal H Lalan, Megha. M. Mangela, Harshada. K. Patil, Chaithanya Hoskote**Institution :** Department of Food Science and Nutrition, S.N.D.T. Women’s University, Mumbai.**Keywords :** *Health drink, high protein, low fat, basil*

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**Introduction:**

Health Drinks are usually high in proteins and micronutrients. These can be extremely useful for individuals across the age groups and for those involved in physical training. Hence the product was developed with an aim to provide nutrients for improving health with an added functional benefit.

**Methodology:**

Herbasil was prepared from Whey protein, Black salt, Sugar, Basil leaves powder, Dry mango powder, Mint leaves, Coriander leaves and Cumin seeds. The herbs were washed, dried and ground to fine powder and all ingredients were passed through sieve (180 micron) and mixed. The proximate composition, sensory evaluation and microbiological quality were analyzed.

**Results:**

Herbasil provided 314kcal/100g with 13.3g% carbohydrates, 61.4g% protein and 1.1g% total fat. Total dietary fiber was 4.2g%. Sugar content was 18.4g% in the drink. Sodium content was 2925mg/100g. Total bacterial count (log CFU/gm) ranged between 1.4 – 3.0 and the yeast and mold count (log CFU/gm) ranged between 1.7 – 3.5. On a 5-point Hedonic scale, the mean overall acceptance score was 2.9 as rated by semi-trained panel members.

**Conclusions:**

Herbasil is a healthy drink owing to its high protein and low fat content along with antioxidant, anti infective and gut friendly properties.

**Reference:**

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