Development of an ice cream composite with canistel fruit (*Pouteria campechiana*)

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Desserts are meals that are traditionally served after the initial food meal in various cultures throughout the world. Rather than other food products, ice cream is becoming the most popular dessert item. Canistel fruits have more health benefits for the human body. However, due of the bitter taste and peculiar flavour, many fruit enthusiasts and children reject canistel fruit. Incorporating canistel fruit powder into ice cream is a great technique to improve the dessert's quality. The goal of this study was to find out how satisfied customers were with canistel ice cream. Canistel fruit powder and fresh milk in the ratios of 10:90 (T1), 20:80 (T2), 30:70 (T3), 40:60 (T4), and 100 percent fresh milk (T5) were used to make the composite ice creams. Physical parameters (melting rate, overrun), chemical parameters (moisture, protein, ash, fat, pH, acidity, calorie) and sensory properties (colour, mouthfeel, texture, taste, odour, overall acceptability) were determined. The data was examined at a significance level of 0.05. Between the samples, there was a substantial difference. The addition of canistel fruit powder to the samples improved the nutritional characteristics, according to the study. Energy, calcium, and carotene are just a few examples. However, based on sensory qualities, the T3 sample was chosen as the best.