

Fruit beverages

Fruit beverages are easily digestible, highly refreshing, thirst quenching, appetizing and nutritionally far superior to many synthetic and aerated drinks. They can be classified into unfermented and fermented beverages.

Unfermented beverages

Fruit juices which do not undergo alcoholic fermentation are termed as unfermented beverages. They include natural and sweetened juices, RTS, nectar, cordial, squash, crush, syrup, fruit juice concentrate and fruit juice powder. Barley waters and carbonated beverages are also included in this group.

A. SQUASH

This is a type of fruit beverage containing at least 25 per cent fruit juice or pulp and 40 to 50 per cent total soluble solids, commercially. It also contains about 1.0 per cent acid and 350 ppm sulphur dioxide or 600 ppm sodium benzoate. It is diluted before serving.

Mango, orange and pineapple are used for making squash commercially. It can also be prepared from lemon, bael, papaya, etc. using potassium metabisulphite (KMS) as preservative or from jamun, passion-fruit, peach, plum, raspberry, strawberry, grapefruit, etc. with sodium benzoate as preservative.

FLOWCHART FOR PROCESSING OF SQUASH

