



Coconut Bliss ~Sugar Free Ice Cream~

Theresa Pama ~ Gardenia Motufoua

Our Aim:

Our Aim was to develop a sugar free ice cream for health conscious individuals.



Problems Encountered:

- Defining out Target Market
- Ice Crystal formulation
- Needed emulsifiers and stabilisers
- Sourcing some ingredients (Guar Gum etc.)
- Finding a useful recipe/formulation



Specifications:

Must:

- Contains only natural colours and flavours
- Palm free
- Vegetarian
- Sugar free
- Meets legal requirements for ice cream (milk fats and solids)



Method:

- Researching the definition of sugar free ice cream and the legal requirements
- Investigated ice creams that are already on the market that is sugar free and their nutritional info etc.
- technical research to establish a sugar free ice cream base
- searching for sugar substitutes
- Source ingredients from tip top
- Conducting trials using stabilisers and emulsifiers
- Determining the percentage of each ingredients used
- incorporating flavours



Conclusion:

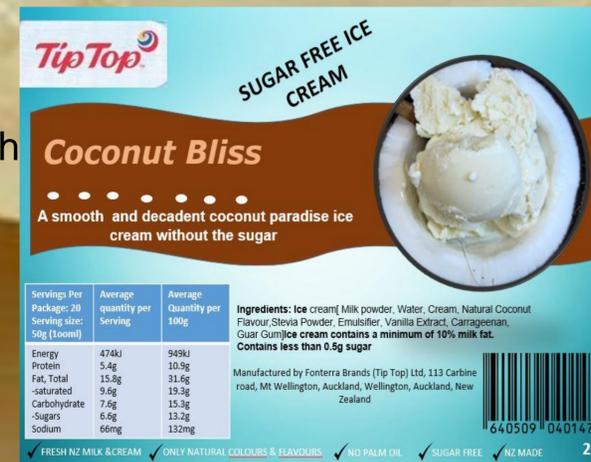
It has been a enjoyable journey throughout our Crest project. Our product is very close to finishing and to perfecting our flavour of coconut.



Acknowledgements



Our Mentors: Emily Dekker and Esraa El Shall



Servings Per Package: 20 Serving size: 50g (100ml)	Average quantity per Serving	Average Quantity per 100g
Energy	474kJ	949kJ
Protein	5.4g	10.9g
Fat, Total	15.8g	31.6g
-saturated	9.6g	19.3g
Carbohydrate	7.6g	15.3g
-Sugars	6.6g	13.2g
Sodium	66mg	132mg

