

употреблению больными с заболеваниями ЖКТ, однако может употребляться при заболеваниях сердечно-сосудистой системы.

Содержание соли в перечисленных сортах хлеба в 20 раз ниже, чем в обычных сортах. Если заменить 400 г обычного хлеба на такое же количество бессолевого, то суточное содержание хлорида натрия в рационе снижается на 2,2 г.

Несмотря на то, что на сегодняшний день нет окончательных рекомендаций по употреблению хлорида натрия, большинство исследователей подтверждают благотворное оздоравливающее влияние сокращения соли в рационе.

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### **PUMPKIN-BASED DESSERT FOR VEGANS**

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**Abstract:** The pumpkin-based dessert for vegan contains only plant-based products. The finished product, compared to the control sample, contains 7 times more dietary fiber, 11 times less fat. The energy value is 2.5 times lower compared to the control.

**Keywords:** vegan, pumpkin, carrageenan.

Recently, consumer demand for dishes made from plant-based raw materials has been growing in our country. Among these dishes, vegetarian and vegan desserts are becoming increasingly popular.

Vegan desserts are an exciting and ever-evolving area of cooking that offers sweet indulgence without the use of animal products. Unlike traditional desserts, vegan dessert recipes exclude milk, eggs, honey, butter and other ingredients of animal origin. Instead, they use a wide range of plant-based substitutes to achieve not only a taste but also a texture similar to classic recipes.

In addition, vegan desserts do not contain refined sugar and other additives that can be harmful to health. They imply the addition of fruits, berries, nuts and seeds. This makes them useful for the body, in particular digestion. And in terms of taste they are in no way inferior to traditional dishes.

Therefore, vegan desserts not only taste great, but they are also beneficial to health. They contain less fat and sugar compared to traditional dishes, which helps prevent excess weight and related problems. Moreover, many plant components used in vegan desserts are rich in vitamins, minerals, antioxidants and other valuable substances that help strengthen the immune system, protect against diseases and improve the overall health of the body.

While studying the preparation of desserts for vegans, taking recipe № 909 [1] as a basis, we will consider alternative options for raw materials, replacing raw materials of animal origin with plant-based ones.

In order to fill the deficiency of vitamins, macro- and microelements, it is necessary to consume products that replenish the deficiency of missing substances. Pumpkin was chosen as the main recipe component in the preparation of the dessert. It has the qualities of a fruit and a vegetable at the same time, which makes it an ideal fruit for combining with various products.

Pumpkin dishes are very useful for people suffering from cardiovascular diseases and gastrointestinal diseases with high acidity. These dishes activate metabolism and help to lose excess weight.

Pumpkin contains vitamin C, a powerful antioxidant; improves the body's ability to absorb iron [2]. Vitamin A in the form of retinoic acid stimulates the growth and development of the body. Folic acid is necessary for the active process of cell division.

Replace cream with oat milk. Oat milk contains B vitamins, such as vitamin B<sub>2</sub> and vitamin B<sub>12</sub>. Vitamin B<sub>2</sub> helps convert food into energy and also acts as an antioxidant, while B<sub>12</sub> is essential for the nervous system.

The next ingredient is gelatin, which acts as a structure-forming agent. A good substitute for such a product is carrageenan.

Carrageenan is a natural gel-forming thickener and stabilizer. It is obtained by processing red seaweed using the extraction method. Then it is purified from organic and other impurities. In this case, multiple sedimentation, filtration and washing in water and alcohol are used. Carrageenan contributes to the formation of the structure of jelly-like dishes, which is well preserved at room temperatures. It is well compatible with any natural and synthetic substances. To prepare a pumpkin-based dessert for vegans, we use kappa and iota carrageenans in a certain ratio.

Based on the research results, a recipe and technology for a pumpkin-based dessert for vegans have been developed. The dessert has a slightly elastic, jelly-

like consistency, a light yellow color, typical of the components included in the composition. The taste is sweet, vanilla-pumpkin, not cloying.

An analysis of creams prepared according to a traditional recipe and a dessert developed for vegans was conducted. It was found that the energy value of the dessert for vegans is 2.5 times lower.

A comparative analysis of the chemical composition of the creams showed that the carbohydrate content is approximately the same, but the protein content is 2 times less, the fat content is 11 times less, which is important for consumers. The content of dietary fiber in the new dessert is 7 times greater, and amounts to 13% of the daily requirement.

An analysis of the chemical composition of the developed dessert showed that it is a source of carbohydrates and dietary fiber. This dessert is also characterized by a low-fat content and has a low-calorie content. This dessert can be recommended not only for vegans, but also for those who pay attention to healthy nutrition.

#### References

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### **АЛЬТЕРНАТИВНЫЕ ИСТОЧНИКИ БИОАКТИВНЫХ ВЕЩЕСТВ НАТУРАЛЬНОГО ПРОИСХОЖДЕНИЯ**

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г. Донецк, ДНР*

**Аннотация:** проведено определение минералогического состава листьев ирги и йошты с целью поиска новых источников биологически активных веществ природного происхождения.

**Ключевые слова:** растительное сырье, биогенные макро - и микроэлементы, витаминный состав, листья ирги и йошты.

Начало XXI-ого века оказалось очень непростым. Природные, политические, социальные катаклизмы, сотрясающие нашу планету, создают длительную стрессовую ситуацию, разрушающе действующую на