

Development of a Pennywort (*Centella asiatica*) Ice Cream with Passion Fruit (*Passiflora edulis*)

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Abstract

Ice cream is a popular frozen dessert usually made of milk, cream, sugar, and flavoring. The goal of this study was to determine methods to enhance ice cream nutritionally through the addition of pennywort (*Centella asiatica*) and passion fruit (*Passiflora edulis*) extract. Pennywort is a nutritious leaf but not commonly utilized as food. The development of the product through laboratory experiments. The standardized ingredients and procedures were determined after five trial formulations. The pennywort leaf was dehydrated using the Multi-Commodity Heat Pump Dryer and ground using a food processor. Coconut milk was first chilled then mixed with soya milk from fresh soybeans. Sugar, vanilla, salt, pennywort and passion fruit extract were mixed using a blender. The mixture was poured into a plastic cup and frozen for 24 hours. The pennywort ice cream with passion fruit contained 177 kcal per serving (125 ml). Each serving contained 33g of carbohydrates, 5g of protein, 2.8 g of fat, 88mg of calcium, 85mg of phosphorus, 1.1 mg of niacin, 0.9 mg of iron, 0.04 mg of thiamine, and 0.03 mg of riboflavin. The cost of one serving was ₱17. The product was evaluated by 30 individuals from both genders and was rated by the majority as *like extremely* in terms of odor, color, appearance, texture. Its taste was rated as *like very much*. This study showed that utilizing pennywort and passion fruit to enhance the taste and nutrient content of ice cream is possible.

Keywords: *pennywort, passion fruit, ice cream*