

**Development and Acceptability of *Carica papaya*
Leaves and *Mentha spicata*
Enhanced Ice Cream**

**Theodora Wilhelmina Widjaja, Larissa Ndamukunda, Gladys
Mae Laborde, Maribel Balagtas, Ruchel Oasan and
Lorcelie Taclan**

Nutrition and Dietetics Department, Adventist University of the
Philippines, Cavite, Philippines; GRLaborde@aup.edu.ph

Abstract: Papaya leaf is nutritious and has medicinal properties yet it has a bitter taste. This study aimed to enhance ice cream by adding papaya leaves extract. Thus, to reduce the bitterness and enhance the flavor of Papaya leaves extract, spearmint leaves extract was added. The ingredients and procedures were determined after five experiments and a standardized recipe was established after performing three trials. The agar was dissolved in full cream milk and heated. All the other ingredients are: all-purpose cream, *Carica papaya* leaves extract, *Mentha spicata* leaves extract, honey, and rock salt. Ingredients were mixed and chilled in the freezer for 20 minutes. The mixture was mixed every 20 minutes for five times until it was thick and soft with no air bubble and hardened for 24 hours. *Carica papaya* leaves and *Mentha spicata* enhanced ice cream contains 259 kcal per serving (125 ml). It is a high source of calcium, iron, and thiamin (26.7%, 23.0%, and 19.3% respectively) and source of vitamin C (7.3%). The ice cream was evaluated by 60 individuals from different age groups. Most of the panel testers *extremely* liked and *very much* liked the appearance, color, taste, texture, and aroma of the developed ice cream. The raw cost of one serving (125 ml) is ₱28.00. Thus, through this study, the enhancement of ice cream using *Carica papaya* leaves and *Mentha spicata* leaves extracts was made possible. Further study to test the potential of the product to increase the platelet count in dengue patients is recommended.

Keywords: Papaya leaves, spear mint leaves, ice cream, calcium, iron