

Desirability of *Nypa frutican* Shake among Faculty and Staff of PSU Asingan

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1. Introduction

Shake are popular beverage made from milk-based ingredients combined with fruit flavoring or sweeteners such as chocolate syrup, caramel sauce, fruit syrup, or whole fruits like avocado, mango, strawberry, melon and ube. The drinks are commonly sold as street refreshments and serve as excellent accompaniments to fries, pasta and baked goods (Smith & Jones, 2020). The increasing demand for nutritious and innovative drinks has led to the exploration of alternative ingredients with potential health benefits (Brown & Green, 2019).

One such underutilized ingredients is the nipa palm fruit, which is abundant in certain regions of the Philippines, including Barangay Salasa, Bugallon, Pangasinan, traditionally, nipa palm products are used for roof thatching, mat-making, basket weaving, and producing wine and vinegar (Garcia et al., 2021). However, after sap extraction. The remaining *lipayo* fruit is often discarded, despite its edibility. There is limited research on the use of nipa fruit as a beverage ingredient, particularly in shake formulations.

This study aims to assess the desirability of *Nypa frutican* shake among the potential participants of the study. By formulating a unique shake recipe using nipa palm fruit, the research intends to evaluate its acceptability in terms of taste, aroma, flavor, appearance and overall desirability.

Objectives

The main objective of the study is to measure the desirability of *Nypa frutican* Shake among Faculty and Staff of PSU Asingan. Specifically:

- 1) Formulate a desirable recipe for *Nypa frutican* shake;
- 2) Measure the acceptability of *Nypa frutican* shake in terms of taste; aroma, flavoring and level of desirability

Significance of the Study

This study benefits individuals who seek nutritious and innovative beverages while maintaining a healthy diet. Additionally, it contributes to sustainable food innovation by utilizing a n underused but edible fruit, thus reducing waste and promoting local agricultural products.

Scope and Limitation

This study was conducted at Pangasinan state University, -asiga

2. Methodology

Research Design

This study employed an experimental research design in which formulated Nypa frutican shake was prepared and evaluated by the sample respondents. The experimental setup included preparation of a single standardized shake recipe using fresh nipa palm fruit, blended with common shake ingredients such as milk, ice and sweeteners.

Respondents of the Study

A total of seventy (70) respondents participated, including 51 teaching and 19 non-teaching personnel. The participants were selected based on their availability and willingness to evaluate the shake, while ensuring a diverse representation of faculty and staff members.

Data Analysis

The *Nypa frutican* shake were evaluated base on taste, smell/ aroma, flavouring, appearance and level of desirability wherein:

Numerical Value	Description
5	Much too strong
4	A little too strong
3	Just about right

2	A Little too weak
1	Much too weak

3. Results and Discussion

Taste of *Nypa frutican* Shake

According to the majority of the respondents the *Nypa frutican* shake is much too strong in terms of taste with the average rating of 4.50.

Descriptive	Frequency	Percentage
Just about right	18	25
Much too strong	52	75

Smell/ Aroma of *Nypa frutican* Shake

The average of 4.38 indicates that the *Nypa frutican* shake is much too strong in terms of smell or aroma. The majority of the respondents agreed that the *Nypa frutican* shake is much too strong.

Descriptive	Frequency	Percentage
Just about right	18	25
Somewhat Good	9	12
Much too strong	43	63

Flavoring of *Nypa frutican* Shake

On the flavoring, the average rating is 4.0 which indicate that the flavoring is a little too strong. Fifty percent (50%) of the respondents agreed that the *Nypa frutican* shake is much too strong while the other 50% said, it is just about right.

Descriptive	Frequency	Percentage
Just about right	35	50
Much too strong	35	50

Appearance of *Nypa frutican* Shake

The average rating is 4.50 in terms of appearance which indicates that the *Nypa frutican* shake is much too strong. Majority of the respondents agreed that the appearance of *Nypa frutican* shake is much too strong.

Descriptive	Frequency	Percentage
Just about right	9	13
A little too strong	18	25
Much too strong	43	62

Level of Desirability of *Nypa frutican* Shake

In terms of level of desirability, the average rating of 4.38 indicates that the *Nypa frutican* shake is much too strong.

Descriptive	Frequency	Percentage
Fair	18	25
A little too strong	9	13
Much too strong	43	62

4. Conclusion

Based on the results of the study, the following are concluded:

1. The *Nypa frutican* is a unique flavoring of the shake.
2. In terms of taste, aroma, appearance and level desirability the *Nypa frutican* is much too strong while the flavoring is a little too strong.

5. Recommendations

It is recommended that the future formulation adjust the flavor intensity to make it more balance and appealing to consumers. Further studies may explore additional ingredients to enhance its sensory attributes.



References

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