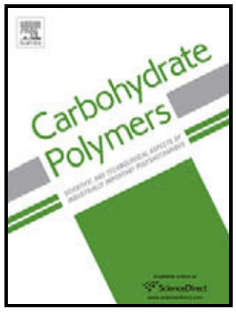


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# Flaxseed mucilage: A natural stabilizer in stirred yogurt

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## Highlights

- Flaxseed mucilage decreases the syneresis and improve the texture of stirred yogurt.
- Flaxseed mucilage enhances the starter bacterial count of stirred yogurt.
- Flaxseed mucilage is recommended as a natural stabilizer in stirred yogurt.

***Abstract***

Today, there is much interest in the use of natural ingredients in the food industry. Flaxseed mucilage (FSM) stands out for its health benefits and functional characteristics. The effect of FSM and its combination with carboxymethylcellulose (CMC) on quality properties of stirred yogurt were investigated. The addition of FSM and FSM+CMC to stirred yogurt increased the viscosity and decreased syneresis. Addition of FSM decreased the cohesiveness and increased the adhesiveness of the stirred yogurt, while its combination with CMC leads to decreased adhesiveness, increased cohesiveness and springiness. The gumminess and hardness of yogurt were reduced when supplemented with FSM and FSM+CMC. Sensory attributes were influenced by FSM and FSM+CMC; however, these were not deteriorated significantly during 21 days