

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT**

**“SUNFLOWER YOGHURT PUDDING AND VLA FROM
SUNFLOWER MILK ”**



BY

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OTTIMMO INTERNATIONAL

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PREFACE

First of all, thanks to Allah SWT who has bestowed mercy and guidance so that I can complete the Culinary Innovation and New Product Development Report with the topic “SUNFLOWER YOGHURT PUDDING AND VLA FROM SUNFLOWER MILK”. This Culinary Innovation and New Product Development Report is submitted to meet the requirements for a diploma degree in the Culinary Arts Study Program, Ottimmo International Master Gourmet Academy.

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ABSTRACT

This study focuses on the development of *Sunflower Yoghurt Pudding and Vla from Sunflower Milk* as a plant-based alternative to traditional dairy desserts, addressing the growing demand for vegan and lactose-free products. Utilizing sunflower seeds (*Helianthus annuus*), known for their high protein, unsaturated fat, and essential nutrient content, this innovation highlights the potential of sunflower milk as a base for fermented products. The research explores the fermentation process using probiotic cultures like *Lactobacillus bulgaricus* and *Streptococcus thermophilus* to produce a nutrient-rich, dairy-free yoghurt. The pudding combines sunflower yoghurt with agar-based thickening agents, while the vla—adapted from traditional Dutch custard—is made using sunflower milk, creating a cohesive, plant-based dessert. Nutritional analysis reveals the product’s high content of protein, vitamins (E, B1, B5), magnesium, and healthy fats, making it a functional food choice. The study also evaluates food safety, shelf life, packaging strategies, and financial feasibility, ensuring market readiness. This innovation supports sustainability by promoting plant-based diets and offers a health-conscious option for consumers with dietary restrictions.

Keywords: *Sunflower milk, vegan yoghurt, plant-based dessert, fermentation process, dairy-free pudding.*

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