

# **Goat milk value addition to delicious nutritional products – Kibidav Part 2**

Yoghurt is made by blending fermenting cultures and various permitted ingredients that provide flavours and colours in the milk.

To prepare yoghurt, take raw milk and pasteurise it putting sugar and other additives. Ferment it in cans and put them in incubation rooms for about 4 hours. Pack and store them in refrigerators.

## **Benefits of yoghurt and cheese**

Reduction of high blood pressure in gutter systems. Helps in weight management and discourages vaginal infections.

Cheese is a whole food which is very nutritious. Cheese varieties include Cheddar, halloumi, feta white classic chevre, gouda and mascarpone.

Cheese helps to protect the teeth from cavities, healthy blood vessels and cells.

## **Goat milking**

Milk the goats in hygienic conditions. First wash the udder and clean the containers to avoid milk poisoning. Goat milk is a very sensitive and a highly perishable commodity. They produce 2 to 3 litres of milk per day.

Milk production is seasonal as goats produce when the weather is favourable. There are two milking seasons: in May, June, July, and December and January.

## **Benefits of goats milk**

Goat milk contains less sugar lactose and calcium, has shorter fatty acids and helps in the treatment of ulcers as it soothes the digestive track. Goat milk is highly recommended to children who cannot stake their mother's milk.

It is a good source of potassium, helps control blood pressure and heart functions. The goat waste can also be used as manure in farms.