

The power of apple pomace

Apple pomace powder has potential as a natural stabilizer for yogurt

By Mya Kidson

With the clean-label trend on the rise, consumers are turning to foods with identifiable ingredients.

And for yogurt, common additives that improve its texture are often undesirable to consumers — even though they’re safe, they complicate that ingredient list.

University of Guelph researchers are looking at the viability of apple pomace as a natural stabilizer for yogurts. Apple pomace is the byproduct of apple juice and cider production — leaving the peel, pulp and seeds.

Prof. Gisèle LaPointe, MSc student Xinya Wang and researcher Eleana Kristo from the Department of Food Science have discovered that apple pomace powder improves consistency and firmness. It acts as a natural stabilizer and enhances the dietary fibre content of three common types of yogurt: set, stirred and drinkable.

Currently, few uses exist for apple pomace. Most of it ends up on farms as livestock feed or being sent to landfills and incinerators. Unfortunately, this has adverse effects on the environment, contributing to greenhouse gas emissions. So using it as a stabilizer would have positive environmental effects, as well.

Apple pomace has been used for its nutritional properties in other food products, but studies of its effects on dairy product quality are scarce.

LaPointe and her research group think it has promise. Stabilizers are added manually into the yogurt before or after fermentation to

Apple pomace: A natural yogurt stabilizer

Apple juice and cider production creates a byproduct called apple pomace.



Apple pomace is food waste that usually ends up in landfills and incinerators, increasing greenhouse gas emissions.



Using apple pomace as a yogurt stabilizer improves yogurt consistency while also diverting food waste.



This follows the “clean-label” trend, replacing other stabilizers that complicate the ingredient list.

improve their body and texture, while also preventing separation mainly during storage to elongate its shelf-life.

Their names, though, can turn off consumers — gelatin, guar gum and pectin, for example.

While these ingredients are natural, they may not be widely regarded as clean-label worthy.

That’s where apple pomace has the potential to shine — it effectively gives yogurt body and texture, while being a recognizable and wholesome ingredient for consumers.

This research was sponsored by **Natural Sciences and Engineering Research Council of Canada** and **Dairy Farmers of Ontario**.