

Practice Abstract 8

RESUPEQ: VALORIZATION OF WHEY FROM SMALL CHEESE FARMS

Whey is classified as a highly polluting waste. The discharge of whey leads to serious water and environmental contamination problems, endangering the physical and chemical structure of the soil, reducing crop yield as well as aquatic life due to the consumption of oxygen dissolved in the water. On the other hand, **whey is a product having high energy and nutritional quality**, so it should not be named as waste as it is commonly treated.

The **main objective** of the project was the development of strategies for using whey for human nutrition by developing new products without the need for large investments, eliminating the environmental problem and generating new sources of income.

The work of this project focused mainly on **three possible product lines**:

- Whey-based drinks
- Development of dairy products using whey in their composition
- Snacks and other products (jellies, etc.)

The **main results achieved** are summarized in the following points:

- 1) Establish the protocols for the pre-treatments required on the whey to ensure that its suitability for use in human nutrition is guaranteed, at both a hygienic and nutritional level.
- 2) Development of whey-based drinks such as refreshing, energizing, isotonic, etc.
- 3) Development of dairy products, which may be fermented drinks (such as shaken and drinkable yogurts, new whey-based fermented drinks, etc.) as well as firm yogurts, puddings and other dairy desserts such as rice pudding.
- 4) Development of other types of products such as snacks and jellies.

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Contact Information

Jesús Menéndez Martínez, jesus.m@asincar.com, +34 985 74 45 18
Armando Menendez, armandome@asincar.com, +34 985 74 45 18
ASINCAR, C/ Solellero, 5, Póligono I. de la Barreda, 33180 Noreña, Asturias, Spain

Links

Video: <https://www.youtube.com/watch?v=WLAvBpqRmmc>

Contact

info@ruralities-project.eu
www.ruralities-project.eu



