

Special Issue

Recent Research in Plant-Based Drinks

Message from the Guest Editor

The surge in popularity of plant-based drinks, ranging from soy, almond, oat, and rice to emerging options like pea, hemp, and quinoa, is driving innovation across the food industry. These beverages transform consumer habits and spark significant scientific interest due to their nutritional potential, functional versatility, and alignment with sustainable practices. Recent research has focused on enhancing the nutritional quality and sensory attributes of these drinks, addressing challenges such as protein stabilization, texture optimization, and fortification with essential micronutrients. Additionally, plant-based beverages are being studied for their potential role in promoting gut health, as vehicles for probiotics and bioactive compounds. Despite their benefits, concerns about antinutritional and potentially toxic components, such as phytates, tannins, and saponins, have gained attention. Therefore, this Special Issue seeks to highlight innovative studies tackling critical issues in plant-based drink development, including product formulation, microbiological aspects, health impact, safety concerns related to antinutritional factors, and environmental sustainability.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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