

# FROM LEGUME TO LATTE: INNOVATION AND CONSUMER ACCEPTANCE OF A FAVA BEAN ICED COFFEE

Jazmín Osorio<sup>1</sup>; Elisabete Pinto<sup>1,2</sup>; Marta W. Vasconcelos<sup>1</sup>

<sup>1</sup>Universidade Católica Portuguesa, CBQF—Centro de Biotecnologia e Química Fina—Laboratório Associado, Escola Superior de Biotecnologia, Rua Diogo Botelho 1327, 4169-005 Porto, Portugal

<sup>2</sup>Epidemiology Research Unit - Institute of Public Health, University of Porto, 4050-091 Porto, Portugal

## INTRODUCTION



From field to food



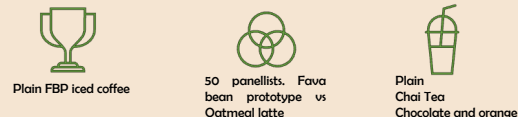
**Aim:**  
New Product + appealing + acceptance

## METHODOLOGY

Raw beans → roasted → blended → filtered



Final product ← comparison ← prototype



## RESULTS

- Overall acceptance similar to control
- No significant difference detected
- Potential for improvement in appearance, texture and flavour

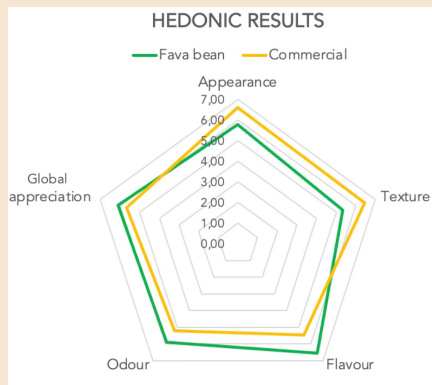
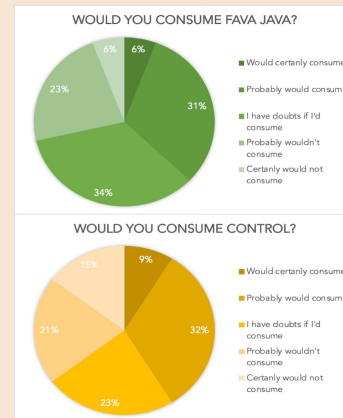


Fig. 1. Results of the sensory analysis of Fava bean prototype (FBP) vs commercial counterpart (C).

Fig. 2 Results of the preference test between FBP and C.



- Most responses neutral to positive
- Low “certainly would consume” rate
- Slightly lower intent than control
- Grittiness and lumps may have affected perception

25 anos  
a partilhar  
ciência

XXV Congresso  
de Nutrição  
e Alimentação

28 —  
— 29  
MAIO '26  
Alfândega  
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ASSOCIAÇÃO  
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## RESULTS

### Nutrition Facts

1 serving per container  
**Serving size 1 (100mL)**

**Amount Per Serving**  
**Calories 60**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber <1g **2%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 0mg **0%**

Potassium 190mg **4%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FAVA BEANS, IMMATURE SEEDS, ROASTED, WITHOUT SALT, SKIMMED MILK POWDER, SUGAR, INSTANT COFFEE POWDER, SALT

CONTAINS: MILK

- Interesting nutritional profile
- Per 100 g: 60 kcal, 3 g protein, 0.6 g fibre
- Low fat and sodium
- Shake well before consuming
- Serve chilled or with ice



Fig. 1. Results of the sensory analysis of Fava bean prototype (FBP) vs commercial counterpart (C).

## CONCLUSION

Fava Java shows strong market potential as a nutritious, legume-based drink made with locally sourced ingredients and designed within a circular economy framework.



Combining nutrition, local sourcing, and a sustainable business model.

## ACKNOWLEDGEMENTS

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