CLAIMS

1. A method of preparing a sugar reduced product from a biomass comprising:

i) treating the biomass with fermentation enzymes to reduce the sugar concentration; and

ii) post-treating the material obtained by step i) to further reduce the sugar concentration,

wherein post-treating does not comprise treatment with fermentation enzymes.

2. The method of claim 1, wherein the fermentation enzymes are produced by one or more of lactic acid bacteria, acetic acid bacteria, propionic acid bacteria and bifido bacteria cultured in biomass before step i), or wherein step i) comprises fermentation of the biomass with one or more bacteria selected from lactic acid bacteria, acetic acid bacteria, propionic acid bacteria and bifido bacteria.

3. The method of claim 1 or claim 2, wherein the bacteria are removed after step i) or step ii).

4. The method of any one of claims 1 to 3, wherein post-treating comprises one or more of the following:

i) microwaving,

ii) heating,

iii) exposure to high frequency sound waves (ultrasound),

iv) exposure to high hydrostatic pressure,

v) heating with high temperature short time (HTST),

vi) HTST at about 100˚C for about 5 to about 20 seconds,

vii) microwaving for at least 1 minute, and

viii) high hydrostatic pressure treatment with 150 to 800 MPa.

5. The method of claim 4, wherein post-treating increases the activity of the fermentation enzymes.

6. The method of any one of claims 1 to 5, comprising one or more of the following:

a) the sugar in the material obtained in step i) is reduced by about 10 to about 70 % by weight compared to the biomass;

b) the sugar in the material obtained in step ii) is reduced by about 5 to about 50% by weight compared to the sugar in the material obtained in step i);

c) the sugar in the material obtained by step ii) is reduced by at least 30% by weight, or at least 40% by weight, or at least 50% by weight, or at least 60% by weight compared to the biomass;

d) the sugar is one or more or all of sucrose, glucose, fructose and lactose;

e) the sugar is sucrose;

f) the concentration of an oligosaccharide is increased in the material obtained by step ii) compared to the biomass;

g) the concentration of a polysaccharide is increased in the material obtained by step ii) compared to the biomass; and

h) the concentration of one or more of: mannitol, isomaltose and isomaltotriose is increased in the material obtained by step ii) compared to the biomass.

7. The method of any one of claims 1 to 6, wherein the concentration of carotenoid is increased in the material obtained by step ii) compared to the biomass.

8. The method of any one of claims 2 to 7, wherein the lactic acid bacteria is one or more of:

a) from one or more of the Genera *Lactobacillus, Leuconostoc, Pediococcus, Lactococcus, Streptococcus, Aerococcus, Carnobacterium, Enterococcus, Oenococcus, Fructobacillus, Fructobacillus Sporolactobacillus, Tetragenococcus, Vagococcus* and *Weissella;*

b) from one or more of *Leuconostoc mesenteroides, Lactobacillus reuteri, Lactobacillus gasseri* and *Lactococus lactis;*

c) a *Leuconostoc mesenteroides*; and

d) a *Leuconostoc mesenteroides* selected from:

i) ATCC 8293;

ii) NRRL B-512F;

iii) BF1 deposited under V17/021729 on 25 September 2017 at the National Measurement Institute Australia; and

iv) BF2 deposited under V17/021730 on 25 September 2017 at the National Measurement Institute Australia.

9. The method of any one of claims 2 to 8, wherein fermentation is for at least 24 hours and/or fermentation is at a pH of about 5 to about 6.

10. The method of any one of claims 1 to 9, wherein the biomass is selected from: a) a plant material selected from one or more of: a fruit, vegetable, grass, nut, legume or grass; and
b) animal milk, animal milk concentrate or a product produced thereof

11. The method of claim 10, wherein the plant material is selected from one or more of:

a) one or more of: juice, juice concentrate, puree, reconstituted fruit or vegetable powder, rehydrated dried fruit pieces, sugary fraction of fruit and vegetable processing, milk, milk concentrate, whey, permeate, retentate, juice, juice concentrate, puree, whole or chopped plant material;

b) a fruit from a family selected from one or more of: *Arecaceae, Myrtaceae, Rosaceae, Musaceae, Ericaceae, Saxifragaceae, Cucurbitaceae, Nightshade, Capparaceae, Adoxaceae, Vitaceae, Rutaceae, Actinidiaceae, Sapindaceae, Anacardiaceae, Moraceae, Oleaceae, Cactaceae, Passifloraceae, Bromeliaceae, Cactaceae, Lythraceae, Polygonaceae, Oxalidaceae* and *Caesalpinioideae*;

c) a vegetable from a family selected from one or more of: *Brassicaceae, Amarylidaceae, Asparagaceae, Polygonaceae, Compositae, Amaranthaceae, Chenopodiacae, Cucurbitaceae, Leguminosae, Malvaceae, Convolvulaceae, Solanaceae* and *Umbelliferae*; and

d) a grass the from the family *Poaceae*.

12. The method of any one of claims 1 to 11, wherein one of more of the following is added before, during or after step i):

i) calcium,

ii) nitrogen,

iii) phosphate,

iv) maltose, and

v) isomaltose.

13. The method of any one of claims 1 to 12, further comprising pre-treating the biomass before step i), wherein pre-treating comprises one or more of:

i) microwaving,

ii) heating,

iii) exposure to high frequency sound waves (ultrasound),

iv) exposure to high hydrostatic pressure,

v) pulse electric field processing, and

vi) exposure to shockwaves.

14. A method of preparing a sugar reduced product from carrot biomass comprising treating the biomass with fermentation enzymes to reduce the sugar concentration and increase the carotenoid concentration.

15. The method of claim 14, wherein the fermentation enzymes are from *Leuconostoc mesenteroides* or *Lactobacillus gasseri*.

16. A method of preparing fermentation enzymes for reducing the sugar concentration of a biomass comprising:

i) inoculating the biomass with one or more bacteria selected from lactic acid bacteria, acetic acid bacteria, propionic acid bacteria and bifido bacteria which have previously been cultured in biomass,

ii) fermenting for a sufficient time for fermentation enzymes to be produced,

iii) isolating fermentation enzymes secreted by the bacteria or removing the bacteria.