

ABSTRACT

The present disclosure relates to a normal-temperature zero-sucrose yogurt, a manufacturing method therefor and a use thereof. The normal-temperature zero-sucrose yogurt is prepared by fermenting, with *Streptococcus thermophilus*, *Lactobacillus bulgaricus*, and *Bifidobacterium longum* BBMN 68 as fermentation strains, a raw milk, a stabilizer, a sweetener, inulin or xylooligosaccharide, a whey protein, and a honeysuckle extract. The honeysuckle extract is a water extract obtained by vacuum freeze-drying and crushing honeysuckle and then adding water for leaching. The yogurt has the effects of regulating the body weight, the body fat percentage and the gut flora and assisting in losing weight.