

BAB VI

KESIMPULAN DAN SARAN

6.1. Kesimpulan

Proses pembuatan minuman coklat dengan penambahan air mendidih, perebusan hingga mendidih dan pemanasan dengan *microwave* dapat meningkatkan kadar total fenol secara nyata, namun tidak berpengaruh nyata terhadap kadar total flavonoid. Pembuatan minuman coklat dengan penambahan air mendidih menghasilkan kadar total fenol yang paling tinggi. Perbedaan cara preparasi tidak berpengaruh nyata terhadap aktivitas antioksidan berupa *lipid reduction activity*. *Lipid reduction activity* minuman coklat dengan berbagai cara preparasi tidak berbeda nyata dibandingkan dengan vitamin E.

6.2. Saran

Perlu dilakukan penelitian lebih lanjut terhadap pengukuran kadar (+)-epikatekin, (-)-katekin dan prosianidin pada sampel minuman coklat sehingga dapat diketahui hubungannya dengan aktivitas antioksidan berupa *lipid reduction activity*.

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