

BAB V

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Proses penyeduhan, perebusan sampai mendidih dan pemanasan dengan *microwave* pada pembuatan minuman coklat meningkatkan kadar total fenol secara nyata, tapi tidak berpengaruh nyata terhadap kadar total flavonoid bila dibandingkan dengan pembuatan minuman coklat tanpa perlakuan pemanasan. Perlakuan perebusan sampai mendidih dan pemanasan dengan *microwave* menghasilkan minuman coklat dengan kadar total fenol yang tidak berbeda nyata, sedangkan perlakuan penyeduhan menghasilkan kadar total fenol paling tinggi.

Perbedaan cara preparasi tidak berpengaruh nyata terhadap aktivitas *scavenging* minuman coklat. *Scavenging activity* minuman coklat dengan berbagai cara preparasi tidak berbeda nyata dibandingkan dengan vitamin E.

5.2 Saran

Perlu dilakukan penelitian lebih lanjut terhadap kadar (-)-katekin dan prosianidin dalam minuman coklat sehingga dapat diketahui hubungannya dengan aktivitas *scavenging*.

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