

BAB V KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Perbedaan konsentrasi CaCO_3 berpengaruh terhadap sifat fisikokimia sereal sarapan beras hitam-pisang mas, yaitu laju rehidrasi, daya serap air, warna (*lightness*, *chroma*, dan *hue*), kadar air, aktivitas air (a_w), dan tekstur (*hardness* dan *crispness*).
2. Perbedaan konsentrasi CaCO_3 berpengaruh terhadap sifat organoleptik sereal sarapan beras hitam-pisang mas, yaitu warna, rasa, dan *mouthfeel*.
3. Perlakuan terbaik yang dihitung berdasarkan luas permukaan terbesar *spider web* uji organoleptik adalah penambahan CaCO_3 sebesar 0,4%.
4. Aktivitas antioksidan sereal sarapan beras hitam-pisang mas sebesar 89,69%. Kadar total antosianin sereal sarapan beras hitam-pisang mas sebesar 0,1096 mg/g sampel kering. Kadar pati resisten sereal sarapan beras hitam-pisang mas sebesar 18,82% *dry basis*.

5.2. Saran

1. Perlu dilakukan reformulasi untuk meningkatkan kesukaan sereal sarapan bagi konsumen, misalnya penggunaan jenis pisang lain; penambahan bahan aditif pangan, misal vanili; dan penggunaan jenis garam kalsium lain yang tidak memberi rasa pahit.
2. Perlu dilakukan penelitian lebih lanjut untuk mengetahui kadar kalsium dalam sereal sarapan sebagai informasi untuk konsumen.

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