

BAB VI KESIMPULAN DAN SARAN

6.1. Kesimpulan

1. Semakin besar proporsi tepung daun beluntas dalam minuman teh daun beluntas menurunkan nilai kekeruhan dan total asam, serta meningkatkan nilai pH, *chroma*, *hue angle*, total fenol, total flavonoid, aktivitas antioksidan metode DPPH, dan kemampuan mereduksi ion besi.
2. Hasil penelitian menunjukkan perlakuan terbaik adalah perlakuan P5, yaitu minuman teh daun beluntas dengan proporsi tepung daun beluntas banding teh hitam sebesar 25:75% (b/b), dengan nilai *hue angle* 26,26; nilai *chroma* sebesar 4,54; nilai pH sebesar 6,25; nilai total asam sebesar 45,86 mg asam klorogenat/100 mL seduhan atau 22,48 mg asam galat/100 mL; nilai kekeruhan sebesar 80,9 NTU; dan memiliki kadar total fenol sebesar 15,34 mg GAE/g sampel, kadar total flavonoid sebesar 3,50 mg CE/g sampel, aktivitas antiosidan mereduksi radikal bebas DPPH sebesar 19,34 mg GAE/g sampel, dan kemampuan mereduksi ion besi sebesar 19,65 mg GAE/g sampel.

6.2. Saran

Perlu penelitian lebih lanjut penambahan bahan pangan lain dalam formulasi minuman teh daun beluntas untuk mendapatkan sifat fisikokimia, sifat organoleptik, dan aktivitas antioksidan yang terbaik pada minuman teh daun beluntas.

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