

## V. KESIMPULAN DAN SARAN

### 5.1. Kesimpulan

1. Penambahan bentuk angkak biji durian yang berbeda berpengaruh nyata pada angka lempeng total bakteri asam laktat (ALT BAL) dan total asam, namun tidak berbeda nyata pada nilai pH yoghurt angkak biji durian.
2. Penambahan angkak biji durian dalam bentuk ekstrak air memiliki nilai ALT BAL dan total asam yang paling tinggi (11,1396 log CFU/ml dan 0,94%) jika dibandingkan dengan kontrol dan penambahan angkak biji durian ekstrak etanol atau bubuk.
3. pH yoghurt dengan penambahan berbagai bentuk angkak biji durian berkisar antara 4,387-4,507 untuk hari ke-0 (setelah penyimpanan 17 jam pada *refrigerator* suhu  $4\pm 1^{\circ}\text{C}$ ) dan 4,242-4,361 (setelah 7 hari penyimpanan pada *refrigerator* suhu  $4\pm 1^{\circ}\text{C}$ )

### 5.2. Saran

1. Perlu dilakukan pengujian ALT BAL dan total asam yoghurt angkak biji durian dengan masa penyimpanann untuk mengetahui kualitas yoghurt angkak biji durian.
2. Perlu dilakukan pengujian profil komposisi angkak biji durian bubuk, ekstrak air, dan ekstrak etanol untuk mengetahui jenis senyawa spesifik yang dapat mempengaruhi ALT BAL, pH, dan total asam yoghurt angkak biji durian.

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