

## V. KESIMPULAN DAN SARAN

### 5.1. Kesimpulan

1. Perbedaan konsentrasi *puree* buah apel memberikan pengaruh nyata terhadap sifat fisik (sineresis, *water-holding capacity*, tekstur, dan viskositas) dan sifat organoleptik kesukaan terhadap kekentalan yoghurt ABD.
2. Penambahan *puree* apel pada konsentrasi 5% dan 10% dapat mencegah sineresis, meningkatkan WHC, meningkatkan tekstur (*firmness*, *cohesiveness*, dan konsistensi) dan viskositas
3. Tidak terdapat perbedaan nyata antara penambahan *puree* apel pada berbagai konsentrasi terhadap warna dan sifat organoleptik kesukaan terhadap rasa dan aroma.
4. Secara keseluruhan, penambahan *puree* apel sebesar 5% merupakan perlakuan terbaik dengan sineresis sebesar 0,71%; WHC 66,5%; dan nilai kesukaan terhadap aroma, kekentalan dan rasa berkisar antara agak suka-suka.

### 5.2. Saran

1. Yoghurt angkak biji durian dengan perlakuan penambahan *puree* apel perlu dilakukan uji lanjutan mengenai sifat fungsional seperti antioksidan, sehingga produk ini dapat dikembangkan menjadi produk fungsional.
2. Pengujian organoleptik yoghurt angkak biji durian *puree* apel memberikan hasil rata-rata pengujian hedonik yang masih dalam kategori nilai agak suka dan tidak berbeda nyata, sehingga perlu dilakukan penelitian lebih lanjut untuk merancang formulasi yoghurt angkak biji durian apel untuk meningkatkan kesukaan atau penerimaan konsumen pada rasa, aroma, dan kekentalan.

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