

V. KESIMPULAN DAN SARAN

5.1. Kesimpulan

Perbedaan konsentrasi sari buah naga merah memberikan pengaruh nyata terhadap pH, sineresis, *firminess*, konsistensi, dan warna (L, a*, b*, C, h), tetapi tidak memberikan pengaruh nyata terhadap *cohesiveness* yoghurt angkak biji durian. Yoghurt angkak biji durian dengan perbedaan konsentrasi sari buah naga merah memiliki pH hari ke-0 dan hari ke-7 yang berkisar antara 4,452-4,521 dan 4,305-4,468; Sineresis hari ke-0 dan hari ke-7 yang berkisar antara 4,2247-4,5408% dan 2,0826-3,0841%; *Firminess* yang berkisar antara 129,19-191,72 g; *Cohesiveness* yang berkisar antara -85,65 g hingga -91,30 g; Konsistensi yang berkisar antara 3.075,53-4.975,47 g.detik; L yang berkisar antara 64,84-89,67; a* yang berkisar antara 1,75-35,63; b* yang berkisar antara -8,86 hingga 10,98; C yang berkisar antara 11,14-36,72; serta h yang berkisar antara 81,00°-356,18°. Penambahan konsentrasi sari buah naga merah sebanyak M3 (5%) pada yoghurt angkak biji durian memberikan pH dan sineresis terendah dengan *firminess* dan konsistensi tertinggi.

5.2. Saran

Perlu dilakukan penelitian lebih lanjut mengenai *firminess*, *cohesiveness*, dan konsistensi yoghurt angkak biji durian dengan perbedaan konsentrasi sari buah naga merah pada hari ke-7. Pengujian lebih lanjut mengenai sifat antidiabetes, antihiperkolesterol, dan aktivitas antioksidan juga perlu dilakukan untuk mengetahui adanya pengaruh perbedaan konsentrasi sari buah naga merah terhadap nilai fungsional yoghurt angkak biji durian.

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