

V. KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Penambahan sari mangga dengan tingkat konsentrasi 2,5%-10% memberikan pengaruh nyata terhadap pH yoghurt angkak biji durian sebelum fermentasi, setelah fermentasi, dan setelah penyimpanan (16 ± 1 jam dan 7 hari) namun tidak berpengaruh nyata terhadap selisih pH sebelum dan setelah fermentasi. Semakin tinggi konsentrasi sari mangga, pH yoghurt semakin menurun.
2. Penambahan sari mangga dengan tingkat konsentrasi 2,5%-10% memberikan pengaruh nyata terhadap karakteristik fisik yoghurt meliputi sineresis, viskositas, dan tekstur (*firminess, cohesiveness, consistency*). Semakin tinggi konsentrasi sari mangga akan menurunkan nilai viskositas, *firminess, cohesiveness, consistency* dan meningkatkan nilai sineresis yoghurt.

5.2. Saran

1. Karakteristik fisik yoghurt dapat mengalami perubahan selama penyimpanan. Oleh sebab itu, perlu dilakukan uji lanjutan untuk mengetahui pengaruh lama penyimpanan terhadap karakteristik fisik yoghurt angkak biji durian dengan penambahan sari mangga.
2. Dalam buah mangga juga terkandung senyawa fenolik yang berpotensi sebagai antioksidan. Melihat hal tersebut dapat dilakukan uji lanjut mengenai aktivitas antioksidan dari yoghurt angkak biji durian sari mangga.

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