

BAB V

KESIMPULAN DAN SARAN

5.1. Kesimpulan

- a. Perbedaan konsentrasi *puree* pisang Cavendish memberikan pengaruh nyata ($P < 0,05$) terhadap total BAL *yogurt rice bran*. Total BAL *yogurt rice bran* berkisar antara 8,8989-9,2461 log CFU/g.
- b. Perbedaan konsentrasi *puree* pisang Cavendish memberikan pengaruh nyata ($P < 0,05$) terhadap pH *yogurt rice bran*. pH *yogurt rice bran* berkisar antara 4,298-4,605.
- c. Perbedaan konsentrasi *puree* pisang Cavendish tidak memberikan pengaruh nyata ($P > 0,05$) terhadap total asam laktat *yogurt rice bran*. Total asam laktat *yogurt rice bran* berkisar antara 0,9418-1,0263%.

5.2. Saran

Penambahan *puree* pisang Cavendish yang direkomendasikan adalah sebesar 5% karena menghasilkan total BAL *yogurt rice bran* yang tidak berbeda nyata dengan kontrol (0% *puree* pisang Cavendish) serta memiliki nilai pH dan total asam laktat yang sesuai standar mutu *yogurt*.

Pisang Cavendish mengandung pati dan pektin yang dapat mengikat dan memerangkap air, sehingga sebaiknya dilakukan penelitian lebih lanjut mengenai pengaruh perbedaan konsentrasi *puree* pisang Cavendish terhadap total padatan dan viskositas *yogurt rice bran*.

Sebaiknya dilakukan penelitian lebih lanjut mengenai viabilitas BAL *yogurt rice bran* selama penyimpanan untuk mengetahui umur simpan *yogurt rice bran*.

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