# BAB V
# KESIMPULAN DAN SARAN

## 5.1. Kesimpulan

1. Perbedaan konsentrasi ekstrak biji durian berpengaruh nyata terhadap angka lempeng total, pH dan total asam pada *yogurt.*
2. Semakin tinggi ekstrak angkak biji durian yang ditambahkan pada *yogurt*, angka lempeng total bakteri asam laktat juga semakin meningkat (8,9389-10,4034 log CFU/mL), nilai pH akan semakin menurun (4.573-4.512) dan nilai total asam laktat semakin meningkat (0,90-1,22%).

## 5.2. Saran

1. Perlu dilakukan uji sifat kimia (pH dan total asam) dan mikrobiologis (angka lempeng total) terhadap *yogurt* angkak biji durian selama masa penyimpanan untuk mengetahui viabilitasnya sebagai pangan probiotik.
2. *Yogurt* dengan perbedaan konsentrasi ekstrak angkak biji durian perlu dilakukan uji lanjut secara *in vivo* untuk mengetahui kemampuannya dalam menurunkan kadar kolesterol dan gula darah.

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