

## V. KESIMPULAN DAN SARAN

### 5.1. Kesimpulan

Berdasarkan hasil penelitian yang telah dilakukan terhadap perbedaan konsentrasi daun teh hijau pada yoghurt angkak biji durian, maka:

1. Perbedaan konsentrasi daun teh hijau tidak berpengaruh nyata terhadap sineresis dan uji hedonik (aroma rasa, dan konsistensi) yoghurt angkak biji durian.
2. Perbedaan konsentrasi daun teh hijau berpengaruh nyata terhadap nilai viskositas, WHC, tekstur, dan warna.
3. Nilai viskositas, WHC dan tekstur mengalami peningkatan hingga konsentrasi daun teh hijau 0,5% dan mengalami penurunan pada konsentrasi daun teh hijau lebih dari 0,5%.
4. Perlakuan terbaik dengan metode de Garmo adalah penambahan konsentrasi daun teh hijau sebesar 0,5%.

### 4.2. Saran

Perlu dilakukan pengujian lanjutan terhadap sifat fisik dan sensoris selama masa penyimpanan yoghurt angkak biji durian pada konsentrasi penambahan daun teh hijau 0,5% untuk mengetahui kelayakan yoghurt.

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