

V. KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. pH yoghurt angkak biji durian pure stroberi tidak berpengaruh nyata pada konsentrasi 0%, 5%, dan 10% serta berpengaruh nyata pada konsentrasi 15% dan 20%.
2. Penambahan pure stroberi berpengaruh nyata terhadap aktivitas antioksidan dan total fenol yoghurt angkak biji durian
3. Semakin tinggi konsentrasi penambahan pure stroberi semakin rendah nilai pH serta semakin tinggi nilai aktivitas antioksidan dan total fenol yoghurt angkak biji durian
4. Aktivitas antioksidan tertinggi pada yoghurt angkak biji durian yakni pada penambahan 20% pure stroberi dengan nilai % inhibisi DPPH 82,278%.
5. Total fenol tertinggi pada yoghurt angkak biji durian yakni pada penambahan 20% pure stroberi yaitu 11,803 mg GAE/mL.

5.2. Saran

Berdasarkan hasil penelitian, yoghurt angkak biji durian dengan penambahan pure stroberi pada konsentrasi 20% tidak membentuk struktur curd yoghurt yang baik. Hal ini ditandai dengan adanya pelepasan fase cair (sineresis) yang tinggi sehingga diperlukan penelitian lebih lanjut mengenai konsentrasi penambahan pure stroberi yang paling optimum untuk menghasilkan tekstur yang baik.

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