

V. KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Variasi konsentrasi ekstrak teh hitam berpengaruh nyata hingga konsentrasi 1% (b/v) terhadap aktivitas antioksidan dan total fenol pada yoghurt angkak biji durian ekstrak teh hitam.
2. Yoghurt angkak biji durian dengan pengaruh variasi konsentrasi ekstrak teh hitam memiliki kisaran pH 4,58-4,73; total fenol sebesar 34,9867-167,7158 mg GAE/ kg sampel; dan aktivitas antioksidan yang dinyatakan sebagai %Inhibisi sebesar 41,62-53,37% yang setara dengan 1,3595-1,8177 mg GAE/kg sampel.
3. Variasi konsentrasi ekstrak teh hitam pada perlakuan T3 yaitu 1% (b/v) menghasilkan aktivitas antioksidan dan nilai total fenol tertinggi yaitu 53,37% dan 167,7158 mg GAE/kg sampel.

5.2. Saran

Penambahan ekstrak teh hitam pada yoghurt angkak biji durian sebaiknya tidak lebih dari 1% (b/v) karena penggunaan berlebih dapat menurunkan kelarutan protein sehingga *curd* yang terbentuk tidak stabil. Perlu dilakukan penelitian lebih lanjut mengenai aktivitas antioksidan dan total fenol yoghurt angkak biji durian ekstrak teh hitam menggunakan metode pengujian lain seperti FRAP, ABTS, dan *in vivo*.

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