

## **BAB VI**

### **KESIMPULAN DAN SARAN**

#### **6.1. Kesimpulan**

1. Penggunaan ekstrak bubuk *green tea* dapat menstimulir pertumbuhan dan aktivitas BAL yang ditandai dengan waktu fermentasi yang semakin cepat.
2. Penggunaan ekstrak bubuk *green tea* akan menurunkan jumlah BAL yogurt selama fermentasi dan penyimpanan, namun mempersingkat waktu fermentasi.
3. Penggunaan ekstrak bubuk *green tea* pada berbagai konsentrasi akan meningkatkan nilai total asam yogurt setelah fermentasi, namun menurunkan peningkatan total asam selama penyimpanan.
4. Konsentrasi ekstrak bubuk *green tea* sebesar 12% memberikan nilai total asam tertinggi.
5. Penggunaan ekstrak bubuk *green tea* pada berbagai konsentrasi akan menurunkan pH yogurt dan meningkatkan penurunan pH selama penyimpanan.
6. Konsentrasi ekstrak bubuk *green tea* sebesar 20% memberikan efek penurunan pH terbesar.
7. Semakin tinggi konsentrasi ekstrak bubuk *green tea* yang digunakan maka sineresis yogurt semakin besar, namun peningkatan sineresis yogurt setelah penyimpanan semakin menurun.
8. Kandungan Selenium dalam bubuk *green tea* sebesar 0,029 ppm.

#### **6.2. Saran**

Perlu diteliti lebih lanjut sifat organoleptik *green tea* yogurt terhadap rasa, warna, aroma dan aktivitas antioksidan.

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