

BAB V KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Perbedaan konsentrasi *puree* pisang ambon berpengaruh nyata ($P < 0,05$) terhadap total BAL (Bakteri Asam Laktat) *yogurt rice bran*. Total BAL *yogurt rice bran* dengan perbedaan konsentrasi *puree* pisang ambon berkisar antara 8,7335 - 9,1543 log CFU/g.
2. Perbedaan konsentrasi *puree* pisang ambon berpengaruh nyata ($P < 0,05$) terhadap pH *yogurt rice bran*. pH *yogurt rice bran* dengan perbedaan konsentrasi *puree* pisang ambon berkisar antara 4,349-4,593.
3. Perbedaan konsentrasi *puree* pisang ambon tidak berpengaruh nyata ($P > 0,05$) terhadap total asam laktat *yogurt rice bran*. Total asam laktat *yogurt rice bran* dengan perbedaan konsentrasi *puree* pisang ambon berkisar antara 0,9733% - 1,0513%.

5.2. Saran

1. Perlakuan A1 (5% *puree* pisang ambon) merupakan rekomendasi untuk *yogurt rice bran* karena memiliki total BAL yang paling tinggi dan tidak berbeda nyata dengan A0 (0% *puree* pisang ambon), serta nilai pH yang telah memenuhi standar produk *yogurt*.
2. *Puree* pisang ambon memiliki kandungan karbohidrat yang tinggi sehingga akan mempengaruhi jumlah BAL selama penyimpanan. Oleh karena itu, perlu dilakukan penelitian mengenai pengaruh lama penyimpanan terhadap viabilitas BAL pada *yogurt rice bran* dengan perbedaan konsentrasi *puree* pisang ambon.

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