

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

1. Ada pengaruh penambahan gula tebu molase sebagai media fermentasi terhadap kadar total fenol dalam minuman kefir air ekstrak buah naga *Inulin-Medium Chain Triglycerides*. Penambahan gula tebu molase meningkatkan kadar total fenol karena mikroorganisme memecah senyawa kompleks dan meningkatkan pelepasan senyawa fenolik, namun penggunaan gula tebu molase tidak berpengaruh terhadap total asam karena gula tidak berkontribusi dalam bertambahnya bakteri asam laktat. Pada hipotesa sebelumnya, diperkirakan penggunaan gula tebu molase akan menambah kadar asam karena gula digunakan oleh bakteri sebagai sumber energi dan akan diubah menjadi asam laktat.
2. Tidak ada pengaruh fermentasi biji kefir berulang kali terhadap total fenol, namun berpengaruh terhadap total asam pada proses pembuatan minuman kefir air ekstrak buah naga *Inulin-Medium Chain Triglycerides*. Fermentasi biji kefir berulang kali meningkatkan total asam, karena jumlah bakteri asam laktat bertambah. Pada hipotesa, diperkirakan dengan bertambahnya bakteri asam laktat, dapat meningkatkan kadar fenol sediaan dikarenakan semakin banyak bakteri yang akan memecah senyawa kompleks sehingga dapat meningkatkan pelepasan senyawa fenolik.

5.2 Saran

Dari penelitian ini, diketahui bahwa fermentasi biji kefir berulang kali meningkatkan kadar total asam, sehingga disarankan untuk melakukan penelitian terkait efektivitas biji kefir dalam fermentasi berulang, untuk mengetahui batasan biji kefir ini dapat dilakukan fermentasi sampai berapa kali yang masih optimal untuk dikonsumsi.

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