

BAB VI

KESIMPULAN DAN SARAN

6.1 Kesimpulan

1. Penyosohan biji sorgum pada berbagai derajat penyosohan memberikan pengaruh nyata terhadap kadar air, daya serap air, solubilitas, dan kadar tanin tepung sorgum yang dihasilkan.
2. Semakin besar derajat penyosohan sorgum, kadar air, daya serap air, solubilitas, dan kadar tanin tepung sorgum yang dihasilkan semakin menurun.
3. Penyosohan biji sorgum pada berbagai derajat penyosohan tidak berpengaruh nyata terhadap kadar air, daya patah dan organoleptik *cookies* sorgum yang dihasilkan.

6.2 Saran

1. Perlu dilakukan penelitian lebih lanjut terhadap nilai cerna *cookies* sorgum yang dihasilkan untuk mengetahui potensi *cookies* sorgum sebagai makanan berkalori rendah.
2. Produk *cookies* sorgum dapat dikonsumsi oleh orang pada golongan usia remaja hingga dewasa yang sudah tidak pada masa pertumbuhan, menyukai pola hidup sehat, menjalani program diet, atau menderita *celiac disease*.

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