

BAB V

KESIMPULAN DAN SARAN

5.1. Kesimpulan

Perbedaan proporsi terigu dan tepung *okara* pada *snack bar okara* berpengaruh terhadap kadar air, aktivitas air, tekstur (*hardness*), daya telan, rasa, aroma, dan warna. Peningkatan proporsi tepung *okara* menurunkan kadar air *snack bar okara* (21,13%), aktivitas air (0,488), sedangkan tekstur *hardness* meningkat (14,9133 N). Sebaliknya, peningkatan proporsi terigu meningkatkan kadar air *snack bar okara* (31,97%), aktivitas air (0,694), tetapi tekstur menurun (8,5868 N). Proporsi terigu dan tepung *okara* juga berpengaruh nyata terhadap sifat organoleptik *snack bar okara*, yaitu daya telan, rasa, aroma, dan warna. Perlakuan terbaik yang dihitung berdasarkan luas daerah terbesar *spider web* uji organoleptik adalah *snack bar okara* dengan proporsi tepung *okara* dan terigu sebesar 20:80.

Snack bar okara dengan proporsi 20 tepung *okara* : 80 terigu memiliki kadar air sebesar 31,97%, aktivitas air sebesar 0,694, tekstur (*hardness*) 8,5868 N, dan total serat pangan 7,52%. Nilai kesukaan daya telan 5,21, rasa 5,55, aroma 5,41, dan warna 4,99.

5.2. Saran

Tepung *okara* yang digunakan masih terlalu kasar (25 *mesh*) dan dapat mempengaruhi tingkat penerimaan panelis maupun sifat fisikokimia *snack bar okara*. Penelitian lain dengan tepung *okara* ukuran 200-300 *mesh* perlu dilakukan untuk menghasilkan *snack bar okara* dengan sifat fisikokimia dan organoleptik yang lebih baik.

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