

**CULINARY INNOVATION AND NEW PRODUCT  
DEVELOPMENT REPORT**

**HIGH IN FIBER SNACK BAR FROM SORGHUM  
AND SORGHUM SUGAR**



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2024**

## PLAGIARISM STATEMENT

I certify that this assignment is my own work, based on my personal study and research and that I have acknowledged all material and sources used in its preparation, whether they be books, articles, reports, lecture notes, and any other kind of document, electronic or personal communication. I also certify that this assignment/report has not previously been submitted for assessment in any other unit, except where specific permission has been granted from all unit coordinators involved, or at any other time in this unit, and that I have not copied in part or whole or otherwise plagiarized the work of other students and/or persons.

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Surabaya, August 7<sup>th</sup>, 2024



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# APPROVAL 1

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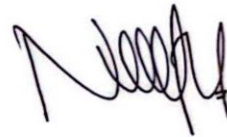
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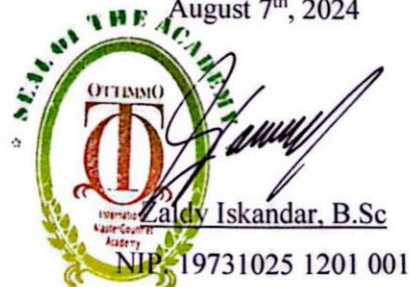


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### HIGH IN FIBER SNACK BAR FROM SORGHUM AND SORGHUM SUGAR

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## PREFACE

Praise be to God Almighty because on this occasion I was able to complete this report. Completion of this report intended to fulfill the requirements for participating in an internship.

I also take this opportunity to express my gratitude to:

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7. My beloved doll kuskus that is always cute and adorable and makes me happy.

That is all I can say, I apologize if there are errors or inconsistencies in the use of words or sentences. Hopefully, the following report is helpful for the readers. Thank you.

Surabaya, August 7<sup>th</sup> 2024



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## ABSTRACT

One lifestyle currently gaining attention is a healthy lifestyle, which involves consuming nutritious and beneficial foods. One such food that meets these criteria is snack bar. Snack bars are very popular among people worldwide and are often preferred for their health benefits. The snack bar created in this research is primarily made from sorghum and sorghum sugar. Sorghum is a type of cereal that contains dietary fiber essential for the body and can have positive health effects. Sorghum sugar, on the other hand, is derived from the juice of sorghum stalks and has a lower sugar content than cane sugar. The sorghum snack bar is high in fiber, as nearly all of its ingredients contain dietary fiber. The method used to produce the sorghum snack bar involves three main steps: popping sorghum, caramelization, and drying using a dehydrator. Popping sorghum is typically done using a microwave or a pan; for this research, a pan was used to achieve better results. The sorghum snack bar is then packaged and divided into four servings, with each serving containing 54 calories. This snack can be consumed at any time and in any quantity depending on the caloric needs. Thus, it serves as a practical, healthy, and low-calorie breakfast option. In addition, the selling price of sorghum snack bar Goesbar also known as is Rp14, 000/pack.

**Keyword:** *Snack bar, Sorghum, Sorghum snack bar, Sorghum sugar*

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