

CHAPTER I INTRODUCTION

1.1 Background

Nowadays, everyone needs food to live, but not all foods are high nutritious and good for health especially dessert. Without food, the Human body can not maintain its temperature, construct or tissue repair, or maintain the heart rate. The right diet can prevent people from many diseases and accelerate the healing process. Nutrients contained in foods that are needed by the human body, among others, are carbohydrates, proteins, fats, vitamins, minerals, and water (Anonymous, 2015).

Mangos has 100 calories. The same amount provides 100% of your daily vitamin C recommendation for promoting healthy immune function and collagen formation, and 35% of your vitamin A, important for vision, bone growth, and maintaining healthy mucous membranes and skin – plus, it's shown by clinical studies to help protect your body from lung and mouth cancers. Besides having more than 20 different vitamins and minerals, mangos contain flavonoids like betacarotene, alphacarotene, and beta-cryptoxanthin, which help vitamin A to impart antioxidant strength and vision-protecting properties, maintaining healthy mucous membranes and skin. That is why we choose mango to be our main ingredients in our "*Vegetarian Cheesecake*".

Now days, everyone is always looking for dessert or something sweet to snack on when there is time to spare. So, we re-create Cheesecake that contains high fiber, vitamins, and less calories. Our products do not use cheese, milk, or eggs in, so can be enjoyed by vegetarians. We also do not use flour commonly used to make cake, we create flour from mango seeds. The usual mango seeds are just thrown away here we can process into flour that can be used for our products. Here we do not use Vegetarian cheese, because according to our vegetarian cheese also does not produce the taste of cheese as in general so it is just useless to us. Here we choose mango and tofu as the main ingredient. Mango has a sweet taste that everyone likes. In addition Consumption of natural fruits rich in carotenes, like mangos, is known to help

protect the body from lung and oral cavity cancers. The potassium in mangos is an important cell and body fluid component to help control your heart rate and blood pressure. Vitamin B6 (pyridoxine) is required for GABA (an inhibitory neurotransmitter) hormone production within your brain. It also controls homocysteine levels within your blood, which may be harmful to your blood vessels and may cause stroke. Required for the production of red blood cells, copper is a co-factor for many vital enzymes, including cytochrome c oxidase and superoxide dismutase. And using tofu can create a softer texture than the cheesecake texture in general, so without the use of eggs or milk, our "*Vegetarian Cheesecake*" has a complex flavor and texture, we hope all the customers love it.

1.2 Objectives

1. Presenting a high-quality Vegetarian Mango Tofu Cheesecake that contains high nutrition
2. Vegetarian Cheesecake products are served without artificial preservatives, and hygienically packed so that it can compete in the world *Food and Beverage* Business Industry.