

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT
UTILIZATION OF PSYLLIUM HUSK AND KONJAC AS
HIGH-FIBER DETOX JELLY**



**ARRANGED BY
ELIZABETH MAUDY WIJAYANTO
2174130040004**

**CULINARY ARTS STUDY PROGRAM
OTTIMMO INTERNATIONAL
MASTER GOURMET ACADEMY
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Elizabeth Maudy Wijayanto

APPROVAL 1

CULINARY INNOVATION AND NEW PRODUCT DEVELOPMENT PROJECT


Name : ELIZABETH MAUDY WIJAYANTO
Place, Date of Birth : Malang, 23 May 2003
NIM : 2174130040004
Study Program : D3 Culinary Art
TITLE : UTILIZATION OF PSYLLIUM HUSK AND KONJAC
AS HIGH-FIBER DETOX JELLY

This paper has been approved by:


Head of Culinary Arts Study Program,
May, 20th 2024


Heni Adhianata, S.TP.,M.Sc
NIP. 19900613 1402 016

Advisor,
May, 20th 2024


Heni Adhianata, S.TP.,M.Sc
NIP. 19900613 1402 016

Director of
Ottimmo International Master Gourmet Academy


Caldy Iskandar, B.Sc
NIP. 19731025 1201 001

APPROVAL 2

UTILIZATION OF PSYLLIUM HUSK AND KONJAC AS HIGH-FIBER DETOX JELLY

Culinary Innovation and New Product Development report by:

Elizabeth Maudy Wijayanto

2174130040004

This report is already presented and pass the exam on:

(September 09th, 2024)

This paper has been approved by:

Advisor : Heni Adhianata, S,TP.,M.Sc



1st Examiner : Fillias Kusuma, S.E., M.M



2nd Examiner : Gilbert Yanuar A. Md. Par.,




PREFACE

Praise to God, for giving me strength and letting me through all the difficulties so I was able to finish this Culinary Innovation and New Product Development Report.

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Elizabeth Maudy Wijayanto

ABSTRACT

This research explores the development of a high-fiber detox jelly incorporating psyllium husk and konjac, aimed at enhancing digestive health and supporting detoxification efforts. Psyllium husk, known for its high soluble fiber content, plays a crucial role in improving bowel regularity, managing cholesterol and blood sugar levels, and contributing to overall metabolic health. Konjac, with its glucomannan fiber, adds texture to the jelly and promotes satiety, aiding in weight management and further supporting digestive health by increasing stool bulk and fluid absorption.

The study emphasizes the importance of appropriate packaging to preserve the product's quality. An airtight pouch is recommended to maintain texture and flavor, while refrigeration at 4-10°C (39-50°F) is crucial for extending the shelf life to 1-3 months. The research concludes that this high-fiber detox jelly offers a practical and health-conscious option for individuals seeking to improve their digestive function and detoxify their bodies. The thoughtful integration of packaging and storage solutions ensures that the product remains effective and valuable within wellness routines.

Keywords : *Psyllium Husk, Konjac, Detox Jelly*

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