CHAPTER V
CONCLUSION AND SUGGESTION

5.1. Conclusion

In conclusion, this study successfully developed a jelly candy using natural ingredients such as rosella and andaliman, offering a healthier alternative to conventional high-sugar candies. These ingredients not only provide a fresh, sour flavor and a unique citrus sensation but also significantly enhance the candy's nutritional profile with antioxidants and other health benefits. The production process involved dehydrating the jelly candy at 50°C for various durations, with the 48-hour dehydration proving to be the most effective. This method produced a candy with a firm yet chewy texture, a rich flavor, and stability even at higher temperatures, making it resistant to melting. The candy also retained its vibrant color, which is a key indicator of its enhanced nutritional content. Although the shorter dehydration times resulted in a softer texture prone to melting, the 48-hour process yielded a superior product that remained chewy and durable over time. When stored properly in airtight containers or below 20°C, the shelf life of the jelly candy can extend up to 1 months, maintaining its texture, flavor, and antioxidant properties. This study provides valuable insights into the development of a more nutritious and stable jelly candy, offering a better snacking option for children and the general population while also reducing the need for artificial additives.

5.2. Suggestion

Further research and development are recommended to enhance the quality and stability of the jelly candy made with rosella and andaliman. To further improve the texture and shelf life, alternative drying techniques or ingredient ratios could be explored. Additionally, investigating the potential

of other natural preservatives or stabilizers might help in maintaining the candy's chewiness and flavor over an extended period. It would also be beneficial to study the optimal conditions for preserving the antioxidant properties of rosella and andaliman during processing, ensuring that the health benefits are retained in the final product. Moreover, exploring the broader application of these ingredients in other confectionery products could provide new opportunities for creating nutritious and appealing snacks.