

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In summary, these high-protein tortilla chips are prepared from a combination of lentils and soybeans hence they become the best alternative when it comes to nutritious snacks for people who are concerned about protein and healthy feeding. The primary ingredients of this product which are lentils offer a plant-based source of proteins rich in essential amino acids and fiber for healthy digestion while also having soybeans that provide significant amount of protein along with important elements such as iron, magnesium or vitamin B.

The process involves mixing dough that depends on starch content of flour then baking it at 150 °C for 6-7 minutes to produce chips. The major modifications made after the first attempts include using finer ground flour to make the dough more elastic and achieve crispier chips. This research paper gives useful information on how to develop nourish snacks with better nutritional content. Therefore, production of protein-rich tortilla chips using soybeans and lentils in Indonesia has many advantages for the economy of this country and public health too; hence it is a good choice for those who are mindful about their diet.

5.2 Suggestion

Further improvement and development are important to refine the structure and the superiority of High Protein Tortilla Chips. It may be helpful to explore new ways of processing the chips like trying different drying processes so as to increase productivity and enhance chip quality. Furthermore, it is necessary to consider how varying temperatures affect protein quality as well as find ways to ensure that proteins can remain

digestible. By considering these things, it would be possible to have crisper looking chips which also contain high nutritional values.