

CHAPTER V

CONCLUSION AND SUGGESTION

1.1 Conclusion

In conclusion, the development of a soy-free alternative to traditional natto using locally sourced red kidney beans offers a nutritious and sustainable option for individuals with soy allergies or dietary restrictions. This alternative not only retains the probiotic and health benefits of traditional natto but also supports local agriculture by reducing reliance on imported soybeans. The versatility of red kidney beans further extends to their use in traditional Japanese seasonings like furikake, enhancing both flavor and nutritional value. By embracing these innovations, we can cater to evolving consumer demands for allergen-free, healthy, and sustainable food products while preserving the cultural significance of traditional dishes like natto.

1.2 Suggestion

To further improve the red kidney bean natto, future research could focus on fine-tuning the fermentation process to enhance its sensory properties, such as texture, aroma, and taste, while maintaining high nutritional value. Exploring novel fermentation technologies or the integration of additional probiotic strains may offer innovative ways to refine the product's consistency and health benefits. Additionally, research into sustainable packaging solutions that preserve the quality and extend the shelf life of the natto could support its commercialization. Investigating consumer preferences and acceptance of this soy-free alternative could also provide valuable insights for optimizing its market potential.