

CHAPTER I

INTRODUCTION

1.1 Background Of Study

Sunflower seeds Are a great source of nutrition and can be a healthy alternative for those looking to improve their diet. They are particularly high in vitamin E and selenium, which can help protect the body's cells and reduce inflammation (McCulloch, 2023). They contain carbohydrates, fiber, protein, and healthy fats, which can help reduce the risk of various health problems like heart disease and diabetes (Barbie Cervoni MS, 2022). It is important to note that while sunflower seeds are nutritious, they are also high in calories, so they should be consumed in moderation.

Yogurt is a widely consumed fermented dairy product known for its numerous health benefits. While traditionally made from milk, there is a growing demand for non-dairy alternatives, including yogurt made from plant-based sources. Vegan yogurt/plant-based Yoghurt can be made from various non-dairy bases, including plant-based milk alternatives such as soy, almond, coconut, oat, or cashew milk. Each base has unique characteristics that influence the taste, texture, and nutritional profile of the yogurt (Novia, 2012).

Vla is a traditional Dutch dessert custard that is typically made with milk, sugar, and cornstarch (Sarah-Eden, 2020). However, people can create a delicious vegan version of Vla by using sunflower milk as a dairy-free alternative.

Sunflower seeds, commonly known as kuaci among Indonesian people can turn into Sunflower milk, Sunflower milk is a versatile and nutritious dairy-free alternative that has gained popularity among those seeking plant-based options. Made from the seeds of sunflowers also known in Latin as (*Helianthus annuus*), this milk offers a creamy texture and a subtle, nutty flavor that makes it a delightful addition to various

culinary creations such as dairy free yoghurt and vla or others (Ramadhani et al, 2019). offering a unique and flavorful option for individuals with dietary restrictions or those seeking alternative sources of protein and healthy fats. Additionally, sunflower seeds are rich in vitamins like thiamine, riboflavin, niacin, lecithin and pantothenic acid (Garg, 2023)

Writer chooses to make Vegan yoghurt as a main ingredient for pudding is because Vegan yogurt provides an alternative for individuals who are lactose intolerant or have dairy allergies. It allows them to enjoy a yogurt-like product without experiencing discomfort or adverse reactions. And also, Just like traditional dairy yogurt, vegan yogurts can contain live and active cultures, providing probiotic benefits. These beneficial bacteria can support digestive health, strengthen the immune system, and contribute to overall gut well-being.

1.2 The Objectives Study

The Objectives of this study are following below Develop an alternative yoghurt and vla , This study aims to make sunflower milk that can be consumed as a yoghurt and vla Popularized Sunflower seeds to as substitute of milk in culinary world To increase the economic value of Sunflower Milk