

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**SUGAR FREE AND GLUTEN FREE BANANA DATES STICK
WITH BADA JAM AS NATURAL HEALTHY SNACK**



**ARRANGED BY
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SURABAYA
2025**

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Surabaya, July 21th, 2025

A handwritten signature in black ink is written over a yellow 10,000 Indonesian postage stamp. The stamp features the Garuda Pancasila emblem and the text 'METERAI TEMPEL' and '10000'. Below the stamp, the name 'Sharon Nataly Virginia' is printed.

Sharon Nataly Virginia

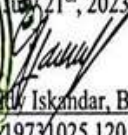
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PREFACE

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.

I also take this opportunity to express my gratitude to:

5. Chef Zaldy Iskandar, B. Sc as director of Ottimmo International Master Gourmet Academy.
5. Ms. Novi Indah Permata Sari, S.T., M.Sc. as my CnD advisor who always guides and supports me throughout the entire process of writing this report.
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5. My parents who always support and help me personally and provide moral & material support for me.
5. My friend who has supported the progress of this report from beginning to end.

That is all I can say, I apologize if there are errors or inconsistency in the use of words or sentences. Hopefully, the following report is helpful for the readers. Thank you.

Surabaya, July 21st 2025



Sharon Nataly Virginia

ABSTRACT

The increasing demand for healthier snack alternatives has prompted the development of innovative food products that cater to dietary restrictions and wellness-conscious consumers. This study presents the formulation and evaluation of a sugar-free and gluten-free garlic banana stick as a natural, nutritious snack option. Utilizing ripe bananas as a base, the product integrates garlic for its well known health benefits and antimicrobial properties, while eliminating refined sugars and gluten-containing ingredients. The objective is to provide a functional snack that supports digestive health, maintains stable blood sugar levels, and suits individuals with gluten intolerance or those following low-sugar diets. The developed product was assessed based on nutritional content, sensory acceptability, texture, and shelf stability. Results indicated high consumer acceptance and favorable nutritional properties, including low glycemic impact and the presence of dietary fiber, potassium, and bioactive compounds. This garlic banana stick demonstrates significant potential in the health food market as a natural, allergen-free, and flavorful alternative to conventional snacks.

Keywords: *Healthy snack, Frying, Garlic banana stick*

TABLE OF CONTENTS

Plagiarism Statement	ii
Approval 1	iii
Approval 2	iv
Preface	v
Abstract	vi
Table of Content	vi
List of Figures	x
List of Tables	ix
Chapter I Introduction	1
1.1 Background of the Study	1
1.2 Objectives of the Study	3
Chapter II Literature Review	4
2.1 Ingredients Review	4
2.1.1 Cavendish Bananas (<i>Musa acuminata</i>)	4
2.1.2 Dates (<i>Phoenix dactylifera</i>)	6
2.1.3 Mocaf Flour	8
2.2 Product Review	10
2.3 Process Review	11
2.3.1 Mixing	11
2.3.2 Baked	11
2.3.3 Fruit Processing	11
Chapter III Methods	13
3.1 Time and Place	13
3.2 Ingredients and Utensils	13
3.2.1 Ingredients Banana Dates Stick	13
3.2.2 Ingredients Banana Dates Jam	13
3.2.3 Utensils	13
3.3 Processing Methods	14
3.4 Flow Chart	15

Chapter IV Result and Discussion	17
4.1 Product Result.....	17
4.2 Nutrition Fact.....	18
4.2.1 Nutrition Table.....	18
4.2.2 Nutrition Calculation.....	19
4.2.3 Nutrition Label.....	19
4.3 Food Safety and Packaging.....	20
4.3.1 Processing and Storage Temperature.....	20
4.3.2 Shelf Life.....	20
4.3.3 Product Packaging.....	21
4.4 Financial Aspects.....	23
4.4.1 Product Cost.....	23
4.4.2 Selling Price.....	23
Chapter V Conclusion and Suggestion.....	24
5.1 Conclusion.....	24
5.2 Suggestion.....	25
Bibliography.....	26
Appendix.....	28

LIST OF FIGURES

Figure 2.1	Cavendish Banana (<i>Musa acuminata</i>)	5
Figure 2.2	Dates (<i>Phoenix dactylifera</i>).....	7
Figure 2.3	Mocaf Flour	10
Figure 3.1	Flow Chart Banana Dates Stick.....	16
Figure 3.2	Flow Chart Banana Dates Jam (BaDa Jam).....	17
Figure 4.2	Plastic Cup.....	23
Figure 4.3	Packaging Design.....	23
Figure 4.4	Logo Design.....	23

LIST OF TABLES

Table 2.1	Nutritional Value of Mashed Cavendish Bananas	6
Table 2.2	Nutritional Value of Pure Dates (<i>Phoenix dactylifera</i>).....	8
Table 3.1	Ingredients for Banana Dates Stick	14
Table 3.2	Ingredients for Banana Dates Jam	14
Table 3.3	Utensils for Banana Dates Stick	15
Table 4.1	Nutritional Value of Baked Cavendish Banana per 100 grams.....	19
Table 4.2	Nutritional Value of Baked Dates per 100 grams.....	19
Table 4.5	Cost of ingredients.....	24
Table 4.6	Cost of Packaging.....	24