CHAPTER V
CONCLUSION AND SUGGESTION

5.1 Conclusion

The development of VegCereal, a cereal product made from vegetable peels (carrot, sweet potato, and potato), presents an innovative approach to reducing food waste while promoting a functional, nutritious, and sustainable food alternative. Through the dehydration and baking process, the vegetable peels retain valuable nutrients such as dietary fiber, antioxidants, vitamins (A, C), and minerals (potassium, iron), making the cereal not only eco-friendly but also health-promoting. Sensory evaluation results indicate that the product is generally well accepted by panellists in terms of appearance, aroma, texture, and taste. With additional ingredients such as almond flour, oats, and palm sugar, the product delivers a slightly sweet and crunchy texture that appeals to health-conscious consumers. Furthermore, the cereal is gluten-free and has a low glycemic index, making it suitable for those with celiac disease or individuals managing blood sugar levels. This product has 6,97 calories and for the price is Rp 13,000 per packaging

5.2 Suggestion

To enhance the quality of VegCereal, further optimization of texture and flavour—particularly reducing bitterness—can be achieved by balancing the ratio of vegetable peels and sweeteners, as well as incorporating natural flavours such as cinnamon or vanilla. Eco-friendly, resealable packaging with appealing design and clear nutritional labelling is recommended to improve marketability, especially by emphasizing key attributes like “Zero Waste,” “Gluten-Free,” and

“High Fiber.” Shelf-life testing, including microbial analysis and water activity evaluation, is necessary to determine proper storage conditions. Additionally, the product has strong potential for diversification into formats such as granola bars or yogurt toppings. Educating consumers on the health and environmental benefits of utilizing vegetable peels can also improve acceptance and promote sustainability.