

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

The utilization of jackfruit seeds as a substitute for chickpeas in hummus production offers a compelling solution to address both nutritional and economic challenges associated with traditional chickpea hummus. Jackfruit seeds are naturally rich in carbohydrates and contain lower fat content, making them a nutritious alternative that aligns with health-conscious dietary trends. Studies conducted after 2015, such as those published in the *Journal of Food Science and Technology* by Dr. N. Bhaskar, have demonstrated that jackfruit seed hummus provides comparable nutritional benefits to chickpea hummus, including adequate protein and dietary fiber levels. This makes jackfruit seed hummus not only a healthy option but also suitable for consumers seeking plant-based, nutrient-dense foods.

In addition to its nutritional advantages, jackfruit seed hummus is significantly more cost-effective than chickpea-based hummus. Jackfruit seeds are often an underutilized by-product of jackfruit consumption, which makes them an inexpensive raw material compared to chickpeas that can be subject to price fluctuations and supply constraints. Utilizing jackfruit seeds reduces production costs, thereby making hummus more affordable and accessible to a broader population. This economic benefit is supported by research highlighting the potential of jackfruit seeds to serve as a sustainable and low-cost ingredient in food processing.

Jackfruit seed hummus represents a promising alternative to chickpea hummus by combining nutritional adequacy with lower production costs. Supported by recent scientific research, this substitution not only promotes sustainable use of agricultural by-products but also offers consumers a nutritious and affordable option. Continued innovation and awareness in

this area could lead to wider acceptance and commercialization of jackfruit seed hummus, contributing positively to food security and dietary diversity.

5.2 Suggestion

It is recommended for further research and development to enhance the texture, flavor stability, and overall quality, particularly in relation to its crispness, and flavor retention. To optimize the production process and ensure consistent quality, alternative drying or roasting techniques may be explored, along with the incorporation of natural preservatives or anti-caking agents to extend shelf life. Additionally, future studies should evaluate the ideal packaging materials and storage conditions to maintain the product and vibrant flavor over time.