

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT**

**THE UTILIZATION OF PAPAYA, APPLE AND OAT IN
FORM OF EFFERVESCENT DRINK TABLET FOR
CONSTIPATION**



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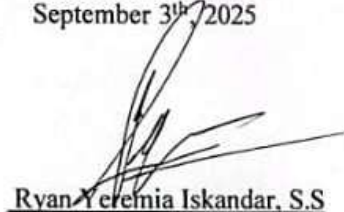
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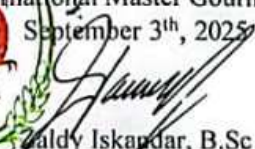
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PREFACE

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:

1. Chef Zaldy Iskandar, B. Sc as director of Ottimmo International Master Gourmet Academy.
2. Chef Ryan Yeremia Iskandar as my CnD advisor who always guides and supports me throughout the entire process of writing this report.
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4. 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, September 3th, 2025



Evelyn Patricia Wijaya

ABSTRACT

An effervescent tablet drink is a beverage that contains carbon dioxide, creating a bubbling, fizzing effect similar to soda. These products are well-known for their practicality and appeal. Just drop a tablet into water, and it instantly dissolves into a fizzy, refreshing drink. Effervescent tablets are often packed with vitamins and offer numerous health benefits. Inspired by the popularity of effervescent tablets on the market, I developed a unique formula made from papaya, apple, and oats, three natural ingredients well-known for their effectiveness in relieving constipation. Recognizing how common digestive issues are, I created a product that not only offers convenience but also provides targeted digestive support. Instead of having to eat fruit or consume plain oats to aid digestion, people can simply enjoy this easy-to-use, natural drink. It's a practical alternative for those looking to improve bowel movement and gut health without changing their eating habits drastically. The production process is simple and uses minimal machinery, emphasizing the product's natural qualities. The ingredients are dehydrated, ground into powder, and pressed into tablet molds resulting in a wholesome, functional tablet that supports digestive health in a natural way.

Keywords: *Effervescent drink, Papaya, Apple, oats, Fiber*

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