

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, strawberry and kepok banana fruit leather are healthy fruits. The combination of these two fruits is suitable for fruit leather because it produces a sweet and sour taste. This fruit leather also has a pleasant aroma and chewy texture. The thickness of the fruit leather must also be maintained due to the uneven spreading process, so it is necessary to make further improvements to the manufacture of this fruit leather in order to produce ideal results like fruit leather in general. Fruit leather is a low-fat, low-protein food, as its composition consists mainly of natural carbohydrates, particularly simple sugars. Its sugar content makes fruit leather a quick source of energy, making it ideal as a snack. In addition, fruit leather contains dietary fiber and pectin, which are beneficial for digestion.

5.2 Suggestion

It is recommended that further research and development to improve the texture, flavor, and overall quality of fruit leather. Methods or techniques can be studied to optimize the production process and obtain ideal results. In addition, studying the nutrients present in the content of fruit leather when mixed with kappa karagenan. It is recommended to add baking paper to each layer of fruit leather to make it easier to consume.