

RESEARCH AND DEVELOPMENT FINAL PROJECT

KIEFE

(Healthy Gummies high in nutrients made from Kefir Grains with many
Healthy Benefits)



By

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MASTER GOURMET ACADEMY
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APPROVAL

“KIEFE”

Healthy Gummies high in nutrients made from Kefir Grains with many healthy
benefits

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PREFACE

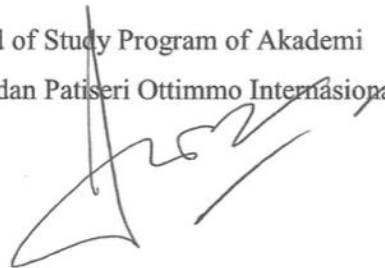
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PREFACE

As for the beginning, I would like to thank my Holy God, Jesus Christ for his blessings and spiritual guidance in order for me to complete this Research and Development report. The main purpose for this report is to help each student in Ottimmo to be creative and innovative as we have to create a whole new product that never been in Indonesia. One of the reasons why I come up with the idea of making Kiefe is because I want to create a healthier alternative consumption which can be very beneficial to human's health condition.

During this process of completing this report, I received so much guidance and support. By this, I would like to express my gratitude to the names below:

1. My parents who have supported and provided me to achieve good education and as a family role to help me in personally.
2. Ms. Irene as my RnD mentor who have helped me in so many things in order for me to understand the guideline for making this report.
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5. Ms. Cindy Tanio who have help me in so many ideas and suggestions, and who have helped me in motivation and courages.
6. My dearest friends, Ms. Celine Nicola, Ms. Stella Gracia, Ms. Diane Yudith, and Mr. Tommy who all have help me by a lot of guidance and suggestions.

Surabaya, August 8th, 2018.

Celine Laurence

EXECUTIVE SUMMARY

Kiefe is a product of healthy gummies that made out of Kefir Grains. It has a lot of benefit in health condition. Loaded with valuable enzyme, easily digestible nutrients, beneficial acids, vitamins and minerals, making Kiefe a more healthier sweet snacks for everybody to consume. It is known to promote and aid in digestion and overall health. It is also anti-mutagenic and help to amange free radicals in the body. Kefir Grains also help to lower blood pressure and cholesterol. It is a magic bullet for health that has myriad of possible health benefits.

There will be 4 steps of processing. First is the fermenting which will take around 2 months but in this part, the harvesting of kefir grains is very highly effective as it will multiply in 4 times. The next process is Sun-drying process where the kefir grains will be sun-dried for 2 weeks in order for them to dried out. The third process is the freezing and drying process which only last for 2 days. And the last process is the packaging process.

Kiefe will be packed in a plastic jar and will be wrapped individually in candy wrappers. In each pack there will be approximately 70 grams of Kiefe – around 18-20 pieces of Kiefe since the size and the weight of each Kefir Grains is different from each other. Every pack will be sold for IDR 28.000.

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