

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**MOZZARELLA CHEESE MADE FROM A HIGH PROTEIN  
FRUIT**



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This undergraduate research is far from perfect, but it is expected that it will be useful not only for the researcher, but also for the readers. For this reason, constructive thoughtful suggestion and critics are welcomed.

## EXCECUTIVE SUMMARY

Consumption of avocados has increased over the past year. Some people may hate avocado because of its flavor that is unpleasant to the palate and also its texture, which is quite mushy. The mushiness is what makes it particularly gross, especially those with texture issues. Avocado has lots of health benefits. It's good for people's body, because avocado is a nutrient-dense fruit loaded with healthy omega-3 fatty acids, vitamins A, C, E and potassium. Avocado is high in fat, which is a good fat because it's monounsaturated fat that helps lower bad cholesterol, as long as it's consume in moderation. It's also high in potassium that is linked to reduced blood pressure, which is a major risk factor for heart attacks, strokes and kidney failure. Avocado tend to be rich in fiber, that may have important benefits for weight loss and metabolic health.

There're several procedures to do to make this mozzarella cheese. There are nine steps in total. Making this mozzarella cheese, it's important to choose a good quality of ingredients, patience and temperature is important in this cheese making.

This mozzarella cheese is made for those who are school-aged and above, who love cheeses and avocados. This cheese will be sold online through social media, and shipped throughout Indonesia.

## TABLE OF CONTENT

Title Page.....	i
Approval.....	ii
Acknowledgement.....	iii
Executive Summary.....	iv
Table of Content.....	vi
List of Tables.....	vii
List of Figures.....	viii
Chapter 1 Introduction.....	1
1.1 Background.....	2
Chapter 2 Ingredients & Utensils Overview.....	3
2.1 Description of The Materials to be Used.....	6
2.2 The Tools Used during The Process.....	9
Chapter 3 New Product Processing Sequence.....	10
3.1 The Processing Product by Using Flowchart.....	10
3.2 Complete Recipe Attached.....	11
Chapter 4 New Product Overview.....	12
4.1 The Fact of Nutrition.....	12
4.1.1 Ingredients Nutrient Content.....	13
4.1.2 Nutrition Fact of Avocado Mozzarella Cheese.....	15
4.2 New Product Characteristic.....	15
Chapter 5 Business Plan.....	16
5.1 Product Calculation.....	19
5.2 Strategy Marketing.....	20
5.3 Identification of Investment Opportunities.....	21
5.3.1 Strength.....	21
5.3.2 Weakness.....	21
5.3.3 Opportunity.....	21
5.3.4 Threat.....	21
Chapter 6 Conclusion.....	22
6.1 Conclusion.....	22
6.2 Suggestion.....	22
Bibliography.....	23

Apendix.....25

## LIST OF TABLE

1	Table 4.1. Avocado Nutrient Content.....	12
2	Table 4.2 Milk Nutrient Content.....	12
3	Table 4.3 Salt Nutrient Content.....	12
4	Table 4.4 Nutritional Yeast Nutrient Content.....	13
5	Table 4.5 Cornstarch Nutrient Content.....	13
6	Table 4.5 Nutrition Fact of Avocado Mozzarella Cheese.....	15
7	Table 5.1 SWOT Analysis of Avocado Mozzarella Cheese.....	21

## LIST OF FIGURES

1	Picture 1. Avocado.....	3
2	Picture 2. Water.....	3
3	Picture 3. Ice.....	4
4	Picture 4. Milk.....	4
5	Picture 5. Lemon Juice.....	5
6	Picture 6. Salt.....	5
7	Picture 7. Nutritional Yeast.....	6
8	Picture 8. Cornstarch.....	6
9	Picture 9. Bowl.....	7
10	Picture 10. Saucepan.....	7
11	Picture 11. Whisk.....	8
12	Picture 12. Measuring Spoon .....	8
13	Picture 13. Blender.....	9
14	Picture 14. Cheese Wrap.....	9