

RESEARCH AND DEVELOPMENT FINAL PROJECT
“ MORINGA SPREAD (LOW CALORIES AND HIGH IN PROTEIN)”



By

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CULINARY ARTS STUDY PROGRAM
OTTIMMO INTERNATIONAL MASTERGOURMET ACADEMY
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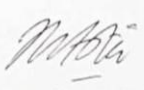
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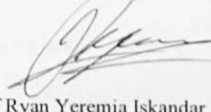
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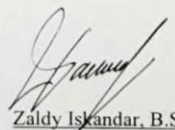
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Finally, the Authors hope that this report can be useful for us all.

Surabaya, 28th August,2019

Febrina Albionita

PLAGIARISM STATEMENT

I certify that this assignment/report is my own work, based on my personal study and/or research and that I have acknowledged all material and sources used in its preparation, whether they be books, articles, reports, lecture notes, and any other kind of document, electronic or personal communication. I also certify that this assignment/report has not previously been submitted for assessment in any other unit, except where specific permission has been granted from all unit coordinators involved, or at any other time in this unit, and that I have not copied in part or whole or otherwise plagiarised the work of other students and/or persons.

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Surabaya, 28th August, 2019


Febrina Albionita

Executive Summary

Nowadays, Moringa Oleifera being called the new superfood. This leaves is a nutrient-rich tree, is known to ancient cultures as the “tree of life” and “miracle tree” due to its impressive nutritional profile and long list of medicinal benefits. All parts of the tree are safe for consumption, but the leaf is most commonly used. The leaves of the tree are harvested, dried up and then crushed. The final product is a powder similar in taste to matcha (Roasted green tea) with a little bit bitter taste at the end. It and can be enjoyed in the form of tea, powder, or capsule. Moringa oleifera is loaded with nutrients which produce an abundance of powerful health benefits. This super-green has an impressive nutritional profile, is more nutrient dense than kale and blows goji berries away with its antioxidant levels. In a gram per gram comparison, moringa oleifera contains seven times as much vitamin C as an orange, four times as much calcium as milk, three times as much potassium as a banana, and three times as much iron as spinach. The leaves also contain all 9 of the essential amino acids, and are considered a complete protein.

Keywords : Moringa, Spread, Almond, Soy Milk, Erythritol (Sugar Alcohol)

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