

RESEARCH AND DEVELOPMENT FINAL PROJECT
UTILITATION OF LAMTORO (*Leucaena leucocephala*)
AS LOW CALORIES SNACK



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CULINARY ARTS STUDY PROGRAM
OTTIMO INTERNATIONAL MASTERGOURMET ACADEMY
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**RESEARCH AND DEVELOPMENT NEW PRODUCT
FINAL REPORT**


**UTILITATION OF Lamtoro (*Leucaena leucecephala*)
as low calories snack**

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
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I would like to thank to God Almighty, who has bestowed His blessings in health, opportunity and knowledge to me so as to be able to completed the research and development report entitled "Lamtoro Crackers". I apologize because I realized that this report is far from perfect and still has a lot of flaws in it.

I make this product as a manifestation of my creativity because it is a product that has never been made by anyone else. The reason we make Lamtoro Crackers is because we want to make healthier snacks that can be very beneficial for human health conditions. I also hope that the reports I have compiled can be useful and inspire fellow students and readers to be creative and innovative.

On this occasion, the author would like to thank:

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5. Friends who have participated in helping conduct the research.
6. And other parties that the author cannot mention all.

Surabaya, August 8th 2019

Jemmy Satya Judha

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



Jemmy Satya Juhda

EXECUTIVE SUMMARY

Lamtoro Crackers is a cracker product made from lamtoro seeds. It has many benefits in health conditions. Enriched with carbohydrates, protein, energy, and high iron, phosphorus, calcium, vitamin A, vitamin B1 and vitamin C make Lamtoro Crackers to be a healthier snack for everyone to consume. With so many benefits and benefits, lamtoro is a source for human health.

To make Lamtoro Crackers, we have to do 3 processes. The first is a smoothing process that aims to smooth some ingredients. The second step is mixing the process which will be mixed with some more ingredients that can make this product more delicious and crispy. The last step is the cooking process, after the batter is finished, we pour it into the baking sheet then in the oven for 25 minutes until the batter become crispy. Lamtoro Crackers is ready.

The human body needs is 1000 calories per day. However, favorite snacks in Indonesia contains 300-1000 calories per 40 grams, it can be said that it is very excessive for our body if only from a snack. Even though excess calories are also not good for our body, it can cause obesity, heart disease, and even stroke. Therefore, Lamtoro Crackers comes with only 140 calories per gram, which can be said to be very safe for daily consumption.

Lamtoro Crackers weighing 40 grams which are present in the paper pouch, we will sell at a price of IDR 25.000. That is a very affordable price because consumers will get so many benefits.

Keyword : cracker, lamtoro, low calories.

ABSTRAK

Lamtoro Crackers adalah produk kerupuk yang terbuat dari biji lamtoro. Ini memiliki banyak manfaat dalam kondisi kesehatan. Diperkaya dengan karbohidrat, protein, energi, dan zat besi tinggi, fosfor, kalsium, vitamin A, vitamin B1, dan vitamin C menjadikan Lamtoro Crackers menjadi makanan ringan yang lebih sehat untuk dikonsumsi semua orang. Dengan begitu banyak manfaat, lamtoro merupakan sumber kesehatan manusia.

Untuk membuat Lamtoro Crackers, kita harus melakukan 3 proses. Yang pertama adalah proses penghalusan yang bertujuan untuk menghaluskan beberapa bahan. Langkah kedua adalah mencampur proses yang akan dicampur dengan beberapa bahan lagi yang dapat membuat produk ini lebih lezat dan renyah. Langkah terakhir adalah proses memasak, setelah adonan selesai, kita tuangkan ke dalam loyang lalu di oven selama 25 menit sampai adonan menjadi renyah. Lamtoro Crackers pun sudah jadi.

Kebutuhan tubuh manusia adalah 1000 kalori per hari. Namun, camilan favorit di Indonesia mengandung 300-1000 kalori per 40 gram, bisa dikatakan itu sangat berlebihan bagi tubuh kita jika hanya dari camilan. Meskipun kelebihan kalori juga tidak baik untuk tubuh kita, itu dapat menyebabkan obesitas, penyakit jantung, dan bahkan stroke. Oleh karena itu, Lamtoro Crackers hadir dengan hanya 140 kalori per 40 gram, yang dapat dikatakan sangat aman untuk dikonsumsi sehari-hari.

Lamtoro Crackers seberat 40 gram hadir dalam kantong kertas, yang akan kami jual dengan harga Rp25.000. Itu merupakan harga yang sangat terjangkau karena konsumen akan mendapat banyak manfaat.

Kata Kunci : cracker, lamtoro, rendah kalori.

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