

## **CHAPTER VI**

### **CONCLUSION**

#### **6.1 CONCLUSION**

In a conclusion, with how rich cowpea and beetroot nutrition that is rarely known, Cowpea & Beets Wajik is a new innovative product and alternative healthy snacks that are inspired by traditional products to be developed into modern and healthier products. Nowadays more food products are being sold without regard to health impacts. Not a few people at a young age who contracted the disease due to unhealthy lifestyle and food consumption. As young generations, we want to use creative ideas by combining traditional and modern so that it has its own uniqueness that can be enjoyed by all ages, people with serious disease and can also be enjoyed by people who want to prevent chronic diseases.

Cowpea & Beets Wajik is a healthier alternative to prevent disease since beetroot have high antioxidant, folate, calcium, nitrates, vitamin A, iron and vitamin B-6. Not only beetroot have so many benefits for health, it is also suitable for some diabetics, obese, people with heart and blood disease.

Cowpea & Beets Wajik is a new snack developed from traditional snacks from Indonesia. In addition to raising public awareness in sorting healthy foods, we have the intention to be able to introduce traditional snacks that we have modified, so they are better in terms of texture, nutrition and appearance.

For first sold, we will target a wider market from middle class. Because our business concept is healthy food lifestyle, our goal is to help get the most benefits from Cowpea & Beets Wajik.

## 6.2 SUGGESTION

The most important thing that need to pay attention of is the ingredients, tools and equipment in the making process of Cowpea & Beets Wajik. It is necessary to ensure that the main ingredients are free from insects and bad quality, because it will affect the concept of healthy which must always be clean and hygienic. Cleanliness of equipment and proper use also support the success of the product. Make sure all tools are clean and hygienic before starting the cooking process.

Even though it looks different form ordinary wajik, but Cowpea & Beets Wajik still uses cooking methods such as wajik that must require patience in it process. The amount of material used with measure of the final product obtained will be very much different, so it requires a lot of materials and stamina to make it. Also make sure that the shape of cake is stiff but soft, it will affect the appearance of the wajik.

Along with the development of urban society that is getting to know healthy food, not a few other brands are releasing unique healthy products that are more attractive. Considering that not everyone can enjoy and consume beetroot.

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