

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**“COWPEA & BEETS WAJIK”**

(Healthy Wajik High Antioxidant & Sources of Soluble Fiber)



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OTTIMMO INTERNATIONAL MASTERGOURMET  
ACADEMY SURABAYA**

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Surabaya, 26 August 2019

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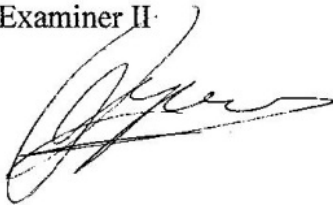
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Surabaya, 26 August 2019

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## 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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## EXECUTIVE SUMMARY

Cowpea & Beets Wajik is a product of healthy traditional Indonesian snack that made out of Cowpea and Beetroot. It has a lot of benefit and rich source essential vitamins and minerals, making Cowpea & Beets Wajik healthier snacks for everybody who prevent or have serious illness. It is known as high antioxidant to help protect the liver from inflammation and oxidative stress while enhancing its ability to remove toxins from the body. It is also source of soluble fiber to help healthy digestion. It is a modification of traditional snack that has health benefit package.

There will be 3 steps of processing. First is the processing raw materials which will take around 1 hours and a half to boil two main ingredients and make a paste. The next process is cooking process where all ingredients mix until dried out for about 30 – 45 minutes. And the last process is the packaging process. Cowpea & Beets Wajik will be packed in packaging box and will be wrapped individually with plastics and color paper. In each pack there will be approximately 147 grams of wajik and 6 pieces per pack.

Keywords :

**Cowpeas & Beets Wajik, High Antioxidant, Source of soluble fiber**

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