

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**Nutritional High Fiber Cracker  
With Mixed Broccoli and Sweet Honey Potato**



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**CULINARY ARTS STUDY PROGRAM**

**OTTIMMO INTERNATIONAL**

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**RESEARCH AND DEVELOPMENT NEW PRODUCT  
FINAL REPORT**

**Potabro ( Nutritional High Fiber Cracker  
With Mixed Broccoli and Sweet Honey Potato )**

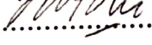
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## PREFACE

First of all, thank to Almighty God who has given His bless for helping me and give me chance to finish this Final Project entitled “ Nutritional High Fiber Cracker with Mixed Broccoli and Sweet Honey Potato “. The purpose of this final project is to fulfill on of the requirements to complete the Diploma III of Culinary Arts.

In the process of preparing this task I encountered many obstacles, but thanks to the support of various parties, I finally can complete this task as well as possible. Authors want to express their sincere thanks to :

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5. My dearest friends, Ms. Indar and Ms. Adeline who have help me by a lot of guidance, support and suggestions.

Surabaya, August 7th 2019

Vanesha Maria Elizabeth

## PLAGIARISM STATEMENT

I certify that this Research and Development report is my own work, based on my knowledge and research used in its preparation, wheter they be books, articles, lecture notes, reports, any kind of document, electronic or personal communication. I also certify this Research and Development report has not previously been submitted for assessment in any other unit, except where spesific 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.

On this statement, I am ready to bear the risk or any sanctions imposed to me in accordance with applicable regulation, if in the future there is a breach of scientific ethics, or you have a claim against the authenticity of my work.

August 7th 2019



Vanesha Maria E.



## EXECUTIVE SUMMARY

Potabro is a new product of healthy crackers that made from mixed sweet honey potato and broccoli flour which is has a lot of benefits for our healthy. Potabro is some healthy way for everyone, because we don't need a doubt to eat healthy snacks. The main ingredients of crackers usually made from tapioca flour, but we have some alternative to make crackers with health benefits.

The health benefits of sweet honey potato are amazing, they are usually used for diet, manage diabetes, manage stress level, sweet honey potato can protect, prevent, and manage cancer. Same with broccoli, they prevent cancer, cholesterol reduction, powerful antioxidant.

For making healthy crackers, there will be several steps. First make the flour. The next process is mix the flour and other ingredients, put inside the ice plastic, steam it. The next process is mold time. After that, we need to sun drying process to make the crackers really dry. After it become really dry, fry it and the last process is packaging process.

Potabro will be packed in standing pouch aluminium. In each pack there will be approximately 50 grams of healthy crackers. Every pack will be sold for Rp 25.000.

*Keyword : Sweet honey potato, broccoli, health, healthy crackers*

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