



ABSTRACT

U-Pan are snack product made from yellow sweet potato. It has many benefits for our body health. This research product is targeting for people who very like snacking and very like sweet food.

BACKGROUND

Pancake is one of popular foods in world. Pancake may be served at any time of the day with a variety of toppings or filling, but they are typically considered a breakfast food. I want to make people healthy so I want to make a healthier version of pancake. Not only they do taste like dessert, but they provide some surprising health benefits. Sweet potatoes are known for having high levels of beta-carotene, which is converted to an active form of vitamin A and vitamin C.

METHODOLOGY

1. Wash the ingredients.
2. Flour making process.
3. Pancake making process.
4. Packaging process.

CONCLUSION

U-Pan is healthier alternative to gain more health for our body. The main ingredients is yellow sweet potato. Sweet potatoes are known for having high levels of beta-carotene, which is converted to an active form of vitamin A. Sweet potatoes contain vitamin C, which is both an antioxidant and vital in the production of collagen. U-Pan is a new alternative for healthy snack to increase health rate amongs as nowadays more people get disease and illness in younger age.

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