**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**“ MORINGA SPREAD ( LOW CALORIES AND HIGH IN PROTEIN)”**

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**By**

**FEBRINA ALBIONITA TJANDRA WIJAYA**

**1774130010076**

**CULINARY ARTS STUDY PROGRAM**

**OTTIMMO INTERNATIONAL MASTERGOURMET ACADEMY**

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**Executive Summary**

 Nowadays, Moringa Oleifera being called the new superfood. This leaves is a nutrient-rich tree, is known to ancient cultures as the “tree of life” and “miracle tree” due to its impressive nutritional profile and long list of medicinal benefits. All parts of the tree are safe for consumption, but the leaf is most commonly used. The leaves of the tree are harvested, dried up and then crushed. The final product is a powder similar in taste to matcha (Roasted green tea) with a little bit bitter taste at the end. It and can be enjoyed in the form of tea, powder, or capsule. Moringa oleifera is loaded with nutrients which produce an abundance of powerful health benefits. This super-green has an impressive nutritional profile, is more nutrient dense than kale and blows goji berries away with its antioxidant levels. In a gram per gram comparison, moringa oleifera contains seven times as much vitamin C as an orange, four times as much calcium as milk, three times as much potassium as a banana, and three times as much iron as spinach. The leaves also contain all 9 of the essential amino acids, and are considered a complete protein.

Keywords : Moringa, Spread, Almond, Soy Milk, Erythritol (Sugar Alcohol)

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