

CHAPTER 6

CONCLUSION AND SUGGESTION

6.1 Conclusion

Yogurt is a result of fermenting milk with probiotics. The probiotics used are usually *Lactobacillus bulgaricus* and *Lactococcus thermophilus*. Yogurt is known as a healthy food because of the probiotics that help aid digestive system and the nutrition given by the milk. Normally, the milk used in making yogurt comes from animal.

Bean-Yo is invented so that yogurt can be enjoyed by a wider range of people, from people with lactose intolerant, milk allergy, other health issues, veganism, to people with other personal preferences. *Vigna Radiata* or mung bean is chosen as the main ingredient because it has plenty nutrition that benefits the body. It is rich in antioxidants, lower cholesterol to reduce heart disease risk, prevent heat stroke, reduce blood pressure, aid digestive health, lower blood sugar level, suppress hunger and raise fullness hormones, and support a healthy pregnancy. Bean-Yo claims to be a low calorie food, fat free, saturated fat free, cholesterol free, gluten free, and contains very low sodium.

Bean-Yo is a manufacturing and sole proprietorship business. We produce our own product from raw to the final result and managed by a single person. Our vision is “have a healthy life for a better world”, a cycle that will always revolve in living a healthy lifestyle and maintaining a healthy ecosystem. We will bring it into reality by doing our mission, “provide vegan yogurt to the nation” and “recycle used plastic to reduce waste”. We created a movement in which our used packaging can be returned to us from our customers, so that we could give it to plastic recycling companies.

Besides the production process, many things are done through the internet. Ingredients and packaging are mostly bought in e-commerce to support go green movement. We promote and sell our product in social media platforms to reach diverse community. Registration for BPOM is also available online.

Bean-Yo will sell this mung bean yogurt to the market at Rp14.000,00. This price is still included in the selling price of yogurt, which is a range from Rp10.000,00 – Rp21.000,00. The profit for one cup with gross margin 50% is Rp4.671,00. If Bean-Yo could sell 1.040 cups in one month, the profit potential in one month is Rp4.857.840,00.

6.2 Suggestion

Soaking mung bean in this case, is a must. Oligosaccharide such as, stachyose, raffinose, and verbascose are contained in beans. They are indigestible in human body because humans do not have the enzyme to digest them and they are the cause of flatulence. Soaking mung bean for at least 12 hours releases the oligosaccharide and then the water is discarded.

The cooking of mung bean milk process cannot be disturbed. It needs constant whisking in low heat until reaching the boiling point and when lowering the temperature, to prevent burning, lumps, and solidified surface. In the fermentation process, make sure that the lid is open. The yogurt is poured into the jars when it is still around 40 °C. While fermenting, closing the lid may humidify the yogurt and make it smell terrible. It is better to cover it with cheese cloth, so that it has air circulation but still keeping it clean without debris.

Every tool or equipment in this project report is used based on availability and capacity of the tool or equipment. There is no need to use the exact tool or equipment from this report. Other type of beans could be used to make plant based yogurt. Nevertheless, further research and trials are needed.