

RESEARCH AND DEVELOPMENT FINAL REPORT

BEAN-YO

(Vegan Mung Bean Yogurt)



by

ELSA GABRIELA

1874130010086

**STUDY PROGRAM OF CULINARY ARTS
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ACADEMY
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APPROVAL 1

BEAN-YO (Vegan Mung Bean Yogurt)

Research and development report by:

Elsa Gabriela

1874130010086

This report is ready to be presented:

Advisor,

Date: July 10th, 2020



(Gilbert Yanuar Hadiwirawan, A.Md. Par)

NIP. 19900101 1701 044

APPROVAL 2

BEAN-YO

(Vegan Mung Bean Yogurt)

Research and development report by:

ELSA GABRIELA

1874130010086

This report is already presented and
pass the exam on:
September 1st, 2020

Examiners:

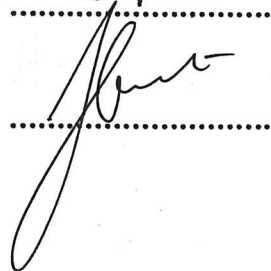
Examiner 1 : Dr. Ir. Fadjar Kurnia Hartati, M.P.



Examiner 2 : Hilda Tjahjani Iskandar, S.E., A.K.,
C.A. NO : LATIFAHTUR RAHMAT



Examiner 3 : Gilbert Yanuar Hadiwirawan,
A.Md.Par.



APPROVAL 3

RESEARCH AND DEVELOPMENT PROJECT

Name : Elsa Gabriela
Place, Date of Birth : Jakarta, June 7th, 2000
N.I.M : 1874130010086
Study Program : D3 Seni Kuliner
TITLE : Bean-Yo (Vegan Mung Bean Yogurt)

This paper is approved by:

Head of Culinary Arts Study Program,
Date: September 15th, 2020



(Irra C Dewi, S.Pd., M.S.M)
NIP. 19781201 1702 028

Advisor,
Date: September 15th, 2020



(Gilbert Yanuar Hadiwirawan, A.Md.Par)
NIP. 19900101 1701 044

Director of
Akademi Kuliner dan Patiseri OTTIMMO Internasional
Date: September 15th, 2020



(Aldy Iskandar, B.Sc)
NIP. 19731025 1201 001

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July 10th, 2020



ELSA GABRIELA

PREFACE

Since people are becoming more concerned about their health, I, as a culinary student, see this as an opportunity to provide healthy food that can be consumed by many people. Yogurt is one of the healthy foods that I will choose due to its practicality. However, I realized that not everyone can consume dairy product. Thus, that was how the idea come from to do this research and development product and report.

With the help of several parties, I could finish this report on time. Therefore, I would like to thank:

1. The One Almighty God, with His grace, I was given good health and enough time to finish this project.
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EXECUTIVE SUMMARY

Yogurt has plenty of nutrition that is good to the body, but not everyone can consume yogurt which is usually made from animal milk. Probiotics such as *Lactobacillus bulgaricus* and *Lactococcus thermophilus* are used in the making of yogurt. Those probiotics are cultured in the fermentation process of the milk. A firm and a hint of sour in taste are the result of milk fermentation in making yogurt. With whatever milk used in making yogurt, probiotics are good for human's digestive system, as it can improve nutrient absorption and aid digestion.

People with milk allergy and vegan became the inspiration of producing Bean-Yo. Thus, Bean-Yo is a non-dairy/vegan yogurt product. As a vegan yogurt, it is necessary to add a thickener, such as maltodextrin, a plant-based thickener. It is needed because without the presence of lactose in milk or skimmed milk, a vegan yogurt cannot be as firm as a dairy yogurt.

Bean-Yo uses mung bean as the main ingredient because it gives many benefits for whoever consumed it. Consumption of mung bean may 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.

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