

CHAPTER I INTRODUCTION

1.1 Background of The Study

As the time goes by, many people pay more attention to a healthy lifestyle, especially what do they consume. In this modern era, people have chosen to be a vegan who only consume vegetable products. From that statement, researcher conclude vegan can't consume foods which come from dairy product such as Yoghurt. Researcher are going to make yoghurt products using healthy and vegan-friendly ingredients.

Yoghurt is a beneficial food/ beverage containing living organism (bacteria) which is good for human digestive system. Yoghurt is usually made using milk fermented by adding some good bacteria. Since the processes of making yoghurt are quite complex, the temperature must be well-controlled.

In this yoghurt product, researcher is going to use milk from Red rice and Rolled Oats. Researcher has found that dairy yoghurt products are more commonly found than non-dairy yoghurt. Then, vegetarian can't consume dairy. From that statement, researcher invented Yoghurio, a vegetarian yoghurt product, which can be consumed not only by normal people, but also vegetarian.

According to Syahrin, it has been known that red rice can control blood sugar level, so it is very safe to be consumed particularly by diabetics. It is also very high in fibre which is good for human digestive system. Providing antioxidant in human body, Red rice can prevent human body from cancer. It also helps reducing body's weight. From that statement, researcher chose Red Rice as one of the ingredients.

Accoring to Hrefna, Rolled Oats are Rich in Antioxidants, Including Avenanthramides which help lowering blood pressure level. Researcher also chose Rolled Oats for it is very rich in antioxidant, fibre and proteins too. Rolled Oats may help treat dry skin and itchy skin, also relieve constipation.

Researcher also add coconut milk as the ingredients for coconut milk can make this product tastes creamier. For the sweetener, researcher will use coconut sugar.

Coconut sugar causes a slightly lower rise in blood sugar than regular table sugar (Gunnars, 2018).

This vegan yoghurt won't taste as sour as the other yoghurt for this yoghurt uses non-dairy ingredients. Since this yoghurt uses coconut sugar, this yoghurt will have brown colour, not like other yoghurts which have white colour.

1.2 Objective

1.2.1 Developing an invention

1.2.2 Creating a vegan and beneficial product

1.2.3 Providing a new business opportunity

1.2.4 Figuring out the strength and weakness of the product.

1.3 The Benefit of the Study

1.3.1 Researcher find an alternative in making vegetarian yoghurt such as using Red Rice milk an Oats milk.

1.3.2 Researcher can inform that Red Rice and Oats have a lot of benefit.