

## **CHAPTER VI CONCLUSION**

### **6.1 Conclusion**

Yoghurt is one of product that can help maintaining human digestion system. Since researcher has commonly found dairy yoghurt product than the non-dairy, 'Yoghurio' is an invention of Yoghurt using non-dairy ingredients by combining Red Rice and oats milk.

Yoghurio will become an alternative for vegetarians. Using Red Rice and Oats, Yoghurio contains many health benefits, such as lowering blood sugar levels, rich in antioxidant and low in fat.

Yoghurio can be bought only 25.600/ jar and can be consumed in 3 servings. This product doesn't contain any kind of preserve, so this product should be consumed for 3 days after opening and must be stored in chiller.

### **6.2 Suggestion**

Since the process of making yoghurt is very risky, the working zone an all of the utensils must be checked sterile all the time. The temperature also must be maintained 28-35 degrees C (Room temperature).