

PREFACE

As for the beginning, I would like to thank my Holy God, Jesus Christ for his blessings and spiritual guidance in order for me to complete this Research and Development report. The main purpose for this report is to help each student in Ottimmo to be creative and innovative as we have to create a whole new product that never been in Indonesia. One of the reasons why I come up with the idea of making 7 AM Spread is because I want to create a delicious spread that high in nutrients and have many healthy benefits.

During this process of completing this report, I received so much guidance and support. I would like to express my gratitude to my family, lecturers especially Chef Gilbert Hadiwirawan as my R&D mentor, and my friends.

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