

**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**“MULTIGRAIN CEREAL”**

**Multigrain Cereal with Edamame Milk**



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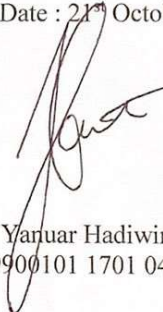
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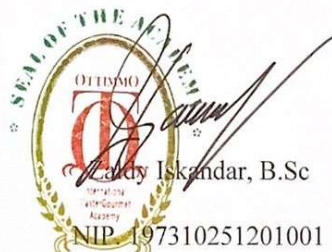


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## PREFACE

As for the beginning, I would like to thank God, for his blessings and spiritual guidance that help 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 has never been in Indonesia. I came up with multigrain cereal and edamame milk because I want to create good healthy breakfast.

During this process of completing this report, I received so much guidance and support. By this, I would like to express my gratitude to the names below:

1. Chef Gilbert Yanuar Hadiwirawan as my RnD mentor who has help and accompany me making this report.
2. My parents have supported and provided me to studied in Ottimmo and giving family role that help me mentally while making this report
3. Ms. Hilda Tjahjani Iskandar as the Head of Study Program at Ottimmo International.
4. Mr. Zaldy Iskandar as the head Director of Ottimmo International.

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Priska Carolina

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## **EXECUTIVE SUMMARY**

The benefits of eating nutritious cereal for breakfast go beyond staying full and avoiding obesity. Fiber-rich cereals, such as oatmeal and bran, may encourage good gastrointestinal health and decrease the risks of high blood pressure, high cholesterol and colon cancer. Multigrain is mixed of different types of grain such as red rice, black rice, mung beans, barleys, lentils, red bean, etc. Cereal usually served with milk, the author made edamame milk to serve with my multigrain cereal. The author wants to create healthy cereal for breakfast so lots of people can fulfill their nutrition. this product considers as high nutrient density food, using all natural ingredients, gluten free, lactose free, low fat, and the ingredient that has been used considered easy to find in Indonesia

Multigrain cereal will be served using a plastic pack equipped with stickers and roller labels that have been designed in such a way. Multigrain cereal with edamame milk will be sold for IDR35.000 per pack (350 g). In the future, this food can also be developed at certain times, such as adding a variety of toppings or others.

***Keyword:*** *Multigrain, Cereal, Edamame*