

RESEARCH AND DEVELOPMENT FINAL PROJECT

OvoVegetarian Noodle from Bentul



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Three handwritten signatures are positioned to the right of the examiner names, each above a horizontal dotted line. The first signature is for Novi Indah P S., the second for Dahlia Elianami, and the third for Arya Putra Sundjaja.

PREFACE

All the praise and thanks to God the Almighty, who has given his love, strength, and mercy so a paper “**Ovo Vegetarian Ubi Bentul Noodle**” can be done right on time, without his grace and mercy this paper cannot be done on time. The writer also perceive this paper would not be finished without all the support, guidance, advices from these several number of parties. Therefore, the writer want to give a gratitude and appreciation to:

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EXECUTIVE SUMMARY

Bentul is a starchy carbohydrate that can control blood sugar. Bentul contain amount of fiber which is good for maintaining digestive health. The fiber compound in Bentul can significantly prevent heart disease by 17%. The resistant starch carbohydrates in it are also able to control bad cholesterol levels in the body. Bentul can be the most appropriate food preparation for diabetics.

Noodle is an alternative substitute of rice which have been consumed by the society. Noodle is getting popular nowadays in the society because it is cheap and its simple cultivation and processing. Common noodles that are usually consumed were made from wheat flour. However, Bentul is a substitute for wheat flour in this product. Moreover, this healthy product is slightly affordable with IDR 28.000 and this product can be consumed with all those benefits.

Keywords: *Bentul, noodle, healthy, affordable*

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