

CHAPTER V

CONCLUSION AND SUGGESTION

5.1. Conclusion

Red bean flour is a high source of fiber, which can help improve digestion, keep blood sugar levels stable, and reduce the risk of heart disease. Moreover, red beans are also good for overall health by providing iron and magnesium as well as B vitamins. In the meantime, mung bean flour has a very high protein content that is important for blood cell growth and maintenance. Also, this protein plays an important role in repair of muscle tissue, immune system and oxygen transport throughout the body.

Therefore, the result of developing a gluten free pie product that uses red bean flour and mung bean flour can be a healthy food alternative for everyone, especially people with celiac disease, to be able to get a variety of gluten free food products that contain lots of good content such as protein, vitamins, fiber, antioxidants, phytonutrients, etc, which have many benefits for the body. Besides that, this product can be the choice of parents to give their children a healthy dessert that contains many benefits.

5.2. Suggestion

Gluten free pie is not a product that can be stored for too long. It is not recommended to store it for a long time and not to eat it immediately, because the contents of the filling are made up of the main ingredient which contains dairy product. Good and proper packaging is also required for this Gluten Free Pie, so that it can be delivered to the consumer correctly. Read and follow the instructions on the packaging so that there is no misuse of product storage.