

## CHAPTER V

### CONCLUSION AND SUGGESION

#### 5.1 Conclusion

Edamame Spread Edamame spread is a flavorful and nutritious alternative to traditional spreads. It is made from cooked and mashed edamame beans, mixed with various ingredients such as Corn syrup, lemon juice and Tropicana sugar. Edamame spread offers a soft texture and unique taste. One of the main advantages of spreading edamame is its high nutritional value. Edamame beans are an excellent plant-based source of protein, fiber, vitamins and minerals. They are very rich in folate, vitamin K and manganese. Plus, edamame beans contain antioxidants that help fight inflammation and protect against chronic disease.

The versatility of the edamame spread is another important aspect. It can be used as a dip, spread for breads and wraps, or as a topping for salads and grilled vegetables. The spread's mild taste allows for easy customization by adding additional ingredients such as herbs, spices or even other vegetables. Additionally, the edamame spread is a great option for individuals with dietary restrictions or preferences. It is naturally gluten free and can be made vegan or dairy free by omitting or substituting certain ingredients. Its low saturated fat content also makes it a healthier choice compared to other spreads or dips.

In short, edamame spread is a delicious, nutritious, and versatile option that offers a variety of health benefits. Whether you're looking for a protein-rich snack or a flavorful addition to your meal, edamame spread can be a satisfying and healthy option.

## **5.2 Suggestion**

When you want to store this edamame spread, it must be in the right place, therefore during this packaging period we are very careful and also this edamame spread doesn't last long. Consumed quickly also edamame spread is very safe when consumed in large quantities because it is safe, has a low sugar content, is healthy and can also be consumed by anyone.