

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, the development and utilization of vegetarian patties made from jackfruit seeds and button mushrooms offer a promising and sustainable alternative to traditional meat-based patties. These plant-based patties not only cater to the growing demand for vegetarian and vegan options but also address environmental and health concerns associated with meat consumption.

The incorporation of jackfruit seeds and button mushrooms as the primary ingredients in these patties brings several benefits. Jackfruit seeds provide a rich source of fiber, protein, and essential nutrients, making them an excellent meat substitute. Furthermore, they are abundant, easily accessible, and often considered a byproduct of jackfruit consumption, reducing food waste. Button mushrooms, on the other hand, offer a savory and meaty flavor profile, which enhances the taste and texture of the patties. Mushrooms are low in calories, high in vitamins and minerals, and are known for their umami taste, making them a popular choice for vegetarian and vegan dishes.

5.2 Suggestion

By choosing vegetarian patties made from jackfruit seeds and button mushrooms, individuals can contribute to reducing the environmental impact associated with conventional meat production. Livestock farming has been linked to deforestation, greenhouse gas emissions, and water pollution. Opting for plant-based alternatives helps conserve resources, minimize land use, and mitigate climate change.

Moreover, these vegetarian patties offer health benefits. Studies have shown that plant-based diets, when properly balanced, can lower the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. The jackfruit seed and mushroom patties provide essential nutrients, promote

satiety, and support a healthy lifestyle. Incorporating vegetarian patties made from jackfruit seeds and button mushrooms into your diet not only brings numerous health benefits but also supports sustainable practices and culinary exploration. It's a win-win choice for your well-being and the planet.