

**CULINARY INNOVATION AND NEW PRODUCT
DEVELOPMENT REPORT
UTILIZATION OF APPLE SKIN AND BANANA SKIN AS
NUTRITIONAL JAM**



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Surabaya, August 22th 2023



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PREFACE

Praise be to the almighty God, because of his approval I have successfully completed my culinary innovation and new product development report entitled "Utilization of Apple Skin and Banana Skin as Nutritional Jam." This report was prepared as a condition for participation in the internship activities and I hope that this report will be useful for readers.

I also do not forget to thank everyone who helped me in completing this report and I apologize if there are mistakes in sentences or words. Thank You.

Surabaya, August 22th 2023



Adrian Agus Gunawan

ABSTRACT

Fruit peels are often used as waste from the utilization of their flesh, whereas in some fruits the peels can also be used because they contain nutrients that are good for health. Among them are: apple peels and banana peels.

Apple skin contains vitamins A and C, various minerals including calcium, potassium, phosphorus and contains polyphenolic and flavonoids compounds. Meanwhile, banana peels contain carbohydrates, protein, fat, vitamin C and flavonoids. It is very unfortunate if apple peels and banana peels are not utilized and only thrown away as waste, which in this study utilizes apple skins and banana skins as jam.

Jam is a semi-solid food product, made by cooking sugar with fruit or vegetable pulp, pectin, acids and other ingredients to obtain a reasonable consistency. Jam is usually used as a spread for bread and also as an additional ingredient in making cakes and other foods. The use of jam as a complement to bread is increasing, due to changes in people's habits, especially with the choice of food for breakfast. Therefore, the use of apple peels and banana peels as nutritious jams is expected to become the people's choice in consuming jam.

Keyword: *Appel skin, Banana skin, Jam from Apple skin and Banana skin.*

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