

**CULINARY INOVATION AND NEW PRODUCT  
DEVELOPMENT REPORT**

**SUGAR FREE VEGETABLES CANDY USING MUSTARD  
GREENS AND CARROTS FOR INCREASING VEGETABLE  
CONSUMPTION FOR CHILDREN USING DRYING METHOD**



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2023**

## PLAGIARISM STATEMENT

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Surabaya, October 5<sup>th</sup>, 2023



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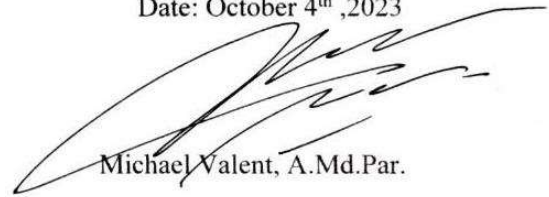
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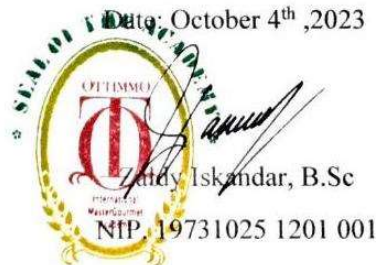
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## APPROVAL 2

### SUGAR FREE VEGETABLE CANDY USING MUSTARD GREENS AND CARROTS FOR INCREASING VEGETABLE CONSUMPTION FOR CHILDREN USING DRYING METHOD

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The image shows three handwritten signatures in black ink, arranged vertically. Each signature is written over a horizontal dotted line, which serves as a baseline for the signature. The signatures are stylized and cursive.

## **PREFACE**

First and foremost, praise to the Almighty Jesus Christ for his full blessings which allow me to accomplish my Culinary Innovation and New Product Development Report with the topic of “Sugar Free vegetables Candy Using Mustard Greens and Carrots for Increasing Vegetable Consumption for Children Using Drying Method”. This Culinary Innovation and New Product Development Report is submitted to fulfill the requirement for a diploma degree of Study Program of Culinary Arts, Ottimmo International Master Gourmet Academy.

I realize that this report is far from perfection and there remains many lacks. I am open to any suggestions and critics upon this report in order to make better work in the future. Hopefully, this report could make a difference in the upcoming generation and benefit for both readers and development in culinary art field.

Surabaya, October 4<sup>th</sup> 2023



Fransiska Regis Fenesia Fulbertus

## ABSTRACT

Mustard greens and carrots are types of vegetables that are efficacious for maintaining healthy skin. Vegetables are also a food source that provides complete nutrition for the benefit of the body. Vegetables can be processed into a variety of foods, from snacks to heavy meals and one of them is vegetable candy. Vegetable candies are candies that are rich in fiber because they are made from healthy vegetables and are safe for consumption. This candy contains vegetable ingredients which are very suitable for consumption by all groups, especially children who still need nutritional intake from vegetables.

This vegetable candy is made from mustard greens, carrots and stevia which are very safe because they don't have high sugar levels. This candy is made to be a health candy for many people, especially for children. Stevia is used as a sweetener. Vegetable candy is better for body health, because the fat content in vegetables is less. very different from meat

This candy can be used as an alternative to good health candy with a good taste and is liked by all ages. Hopefully this innovative candy can become another choice for people who want a healthy life.

***Keywords:*** *Candy, Stevia, Sugar Free, Vegetables*

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