

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, gluten-free and high-protein perkedel made from chickpeas offer a delicious and nutritious option for individuals seeking a well-balanced diet. By harnessing the benefits of chickpeas' protein content and their naturally gluten-free nature, these perkedel provide a satisfying and flavorful alternative for those with dietary restrictions or health-conscious preferences. Incorporating these perkedel into dietary meals not only diversifies gluten-free option menu but also contributes to protein intake. Embracing such innovative and wholesome culinary choices reflects a commitment to both personal well-being and culinary exploration.

5.2 Suggestion

In this study, the high protein and gluten-free demand is fulfilled, on the other hand texture and shelf life is still far away from expectation and the packaging could be increased in the future so this product could store or even reheat for the best texture consumption.