

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Red Beans Porridge With Pine Nuts Milk Sauce is an innovation like never before. Red beans are the main ingredient, which is to maintain heart health, prevents the growth of cancer cells, control blood sugar. Apart from Red Beans, pine nuts are also the main ingredient for making this porridge, which has many benefits including preventing control blood sugar, helps lose weight, lowers cholesterol.

In addition, Pine nuts milk sauce is used as a topping for this porridge. In addition to controlling diabetes, Pine nuts is also overcoming inflammation, fights viral, bacterial and fungal infections, caring for heart health.

5.2 Suggestion

Red Beans Porridge With Pine Nuts Milk Sauce requires proper packaging to maintain its quality. This porridge does not last long at refrigerator temperature.