

**PENGARUH PENAMBAHAN KEJU MASCARPONE PROBIOTIK
TERHADAP SIFAT SENSORIS, FISIK, KIMIA, DAN VIABILITAS SEL
GRANOLA BAR**

INTISARI

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Granola bar merupakan makanan ringan berbentuk batang yang terbuat dari kacang-kacangan dan diikat dengan bantuan agen pengikat atau *binder*. Pengembangan *granola bar* pada penelitian ini dilatarbelakangi oleh penelitian terdahulu dengan modifikasi berupa penambahan keju mascarpone probiotik. Keju digunakan sebagai pelapis *granola bar* karena memiliki potensi sebagai media pembawa probiotik yang dapat meningkatkan nilai fungsional produk.

Tujuan penelitian ini adalah mengetahui metode penambahan keju mascarpone probiotik yang menghasilkan *granola bar* terbaik. Penambahan keju mascarpone dilakukan dengan metode oles (P1) dan metode isian (P2) yang selanjutnya diuji berdasarkan sifat sensoris, sifat fisik, sifat kimia, uji viabilitas sel probiotik, dan penentuan formula terbaik dengan metode indeks efektivitas De Garmo.

Hasil penelitian dengan uji t-test menunjukkan bahwa terdapat perbedaan signifikan pada parameter uji kesukaan kenampakan dan keseluruhan, uji intensitas kekerasan, dan uji sifat fisik kekerasan. Namun tidak menunjukkan perbedaan signifikan pada uji viabilitas probiotik selama penyimpanan 28 hari, uji kesukaan kekerasan, keremahan, keasaman, dan kemanisan, serta uji deksiptif intensitas keremahan, keasaman, dan kemanisan. Berdasarkan hasil analisis metode De Garmo diketahui bahwa metode penambahan keju mascarpone probiotik terbaik adalah metode isian (P2).

Kata kunci : *granola bar*, keju mascarpone, probiotik, metode oles dan isian

THE EFFECT OF PROBIOTIC MASCARPONE CHEESE ADDITION ON SENSORY, PHYSICAL, CHEMICAL PROPERTIES, AND CELLS VIABILITY OF GRANOLA BARS

ABSTRACT

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Granola bar is a bar-shaped snacks made from nuts and binding agent. In this study, the development of granola bar is motivated by previous research with modifications in the form of probiotic mascarpone cheese addition. Cheese will be used as a coating agent for granola bars due to its potential as a carrier for probiotics that can increase the functional value of the product.

The purpose of this study was to determine the probiotic mascarpone cheese addition methods that produce the best granola bars. The addition of mascarpone cheese was carried out using the spread method (P1) and the filling method (P2). These methods will be tested based on the sensory properties, physical properties, chemical properties, probiotic cell viability test, and determining the best formula using the De Garmo effectiveness index method.

The results of the study using the t-test showed that there were significant differences in the parameters of the appearance and overall preference test, the hardness intensity test, and the physical hardness test. However, it did not show significant differences in the stability of the viability of probiotics during 28 days of storage, the preference tests for hardness, crumbiness, acidity, and sweetness, as well as descriptive tests on the intensity of crumbiness, acidity, and sweetness. Based on the results of the analysis of the De Garmo method, it is known that the best method of adding probiotic mascarpone cheese is the filling method (P2).

Keywords : granola bar, mascarpone cheese, probiotics, spread and filling method