

DAYA TERIMA MINUMAN BUBUK SUBSTITUSI SOYA FIBER SEBAGAI MINUMAN FUNGSIONAL BERBASIS KEDELAI

Fazila¹, Lily Arsanti Lestari¹, Martalena Br Purba¹

INTISARI

Latar Belakang: Pengembangan minuman bubuk *Soya Fiber* menjadi produk minuman fungsional sebagai minuman yang bermanfaat bagi kesehatan tubuh. *Soya Fiber* merupakan minuman fungsional yang diperoleh dari sari kedelai dan sari murbei. Kedelai merupakan komoditas pangan lokal dengan nilai gizi yang baik sehingga berpotensi untuk dikembangkan menjadi produk pangan. **Tujuan:** Mengetahui pengaruh pemberian sari murbei terhadap daya terima minuman bubuk substitusi *Soya Fiber* dan proporsi substitusi yang paling disukai. **Metode Penelitian:** Penelitian dilakukan dengan metode *true experimental* Rancangan Acak Lengkap (RAL) satu faktorial. Terdapat empat formulasi *Soya Fiber* dengan persentase substitusi sari kedelai 100%, 85%, 70%, dan 55%. Daya terima *Soya Fiber* diukur dengan uji hedonik oleh 30 panelis semi terlatih. Parameter hedonik yang diamati yaitu warna, aroma, rasa, dan kekentalan. **Hasil:** Penelitian ini menunjukkan bahwa penambahan substitusi sari murbei dapat meningkatkan kesukaan terhadap warna, aroma, dan kekentalan *Soya Fiber* seiring dengan penambahan tingkat substitusi. Akan tetapi, *Soya fiber* tanpa penambahan sari murbei lebih banyak disukai oleh panelis. **Kesimpulan:** Tingkat substitusi minuman bubuk *Soya Fiber* yang paling disukai atau paling tinggi daya terimanya adalah P0 (sari kedelai 100%).

Kata Kunci: minuman fungsional, sari kedelai, sari murbei, organoleptik, daya terima

¹Departemen Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

ACCEPTABILITY OF SOYA FIBER SUBSTITUTION POWDER DRINK AS A SOY-BASED FUNCTIONAL BEVERAGE

Fazila¹, Lily Arsanti Lestari¹, Martalena Br Purba¹

ABSTRACT

Background: The development of Soya Fiber powder drink into a functional beverage product as a drink that is beneficial for the health of the body. Soya Fiber is a functional beverage obtained from soybean juice and mulberry juice. Soybean is a local food commodity with good nutritional value that has the potential to be developed into food products. **Objective:** To determine the effect of mulberry juice on the acceptability of Soya Fiber substitution powder drink and the most preferred substitution proportion. **Research Methods:** The study was conducted with a one-factorial completely randomized design (CRD) true experimental method. There were four Soya Fiber formulations with a percentage of soybean juice substitution of 100%, 85%, 70%, and 55%. The acceptability of Soya Fiber was measured by hedonic test by 30 moderately trained panelists. Hedonic parameters observed were color, aroma, taste, and viscosity. **Results:** This study showed that the addition of mulberry juice substitution can increase the liking for color, aroma, and viscosity of Soya Fiber along with the addition of the substitution level. However, Soya Fiber without the addition of mulberry juice was preferred by panelists. **Conclusion:** The most preferred level of substitution of Soya fiber powder drink or the highest acceptability is P0 (100% soybean juice).

Keywords: functional drink, soybean juice, mulberry juice, organoleptic, acceptability

¹Departemen Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada