ABSTRACT

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ALMOND, SUSU KACANG KEDELAI DAN SANTAN

Ice cream is frozen food made from milk and cream. Ice cream is commonly consumed as a snack (dessert) and is grouped into snack foods According to Food Review Indonesia article (2016), it is stated that consumers are starting to look for alternative options to support a healthy lifestyle. Therefore, some people avoid consuming ice cream made from cow's milk because these sweet and cold foods can increase body weight and also contain lots of fat. One solution that can replace the ice cream is ice cream that contains natural products. This product trial that is made with almond milk, soy milk or coconut milk aims to create ice cream made from vegetable ingredients so that it doesn't use ingredients such as cow's milk and its derivative products. The research was conducted using hedonic and organoleptic testing and also analyzed by paired sample T-test method. Finally, the result shows that almond milk, soy milk and coconut milk could be used to substitute cream and milk in the ice cream process but based on available data coconut milk is the most preferred ice cream to make an ice cream and that can be consumed.

Keyword: Ice cream, Almond milk, Soy Milk, Coconut milk, Product trial