

**FORMULASI FERMENTASI SUSU KAMBING DENGAN  
PENAMBAHAN OKARA (*Glycine max*) SEBAGAI MINUMAN  
SINBIOTIK BAGI ANAK STUNTING**

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui formulasi fermentasi susu kambing dengan penambahan okara (*glycine max*) sebagai minuman sinbiotik bagi anak stunting. Penelitian yang dilakukan bersifat deskriptif eksperimental dengan 5 perlakuan. Populasi yang digunakan dalam penelitian ini adalah limbah okara dan susu kambing dengan sampel yang digunakan adalah limbah okara yang masih bersih dan sudah matang serta susu kambing yang sudah di pasteurisasi selama 15 menit. Jenis data adalah data primer yang meliputi kandungan proksimat, total BAL, pH, serat pangan, asam amino dan uji sensori pada minuman fungsional dengan variasi penambahan okara dan susu kambing. Hasil penelitian menunjukkan bahwa secara sensoris formulasi 4 (penambahan okara 5%) dimana produk yang paling disukai panelis yaitu dari aspek tekstur, aroma, dan juga warna. Dengan hasil analisis proksimat diperoleh kadar air sebesar 88,58%, kadar lemak sebesar 1,11%, kadar protein sebesar 2,17%, kadar karbohidrat sebesar 7,66%, total BAL sebesar  $5,05 \times 10^8$  CFU/mL, pH sebesar 4, mengandung 5 jenis asam amino esensial, dan serat pangan sebesar 2,19%.

**Kata Kunci:** Fermentasi, Okara, Sinbiotik

## **GOAT MILK FERMENTATION FORMULATION WITH ADDITION OF OKARA (Glycine Max) AS A DRINK FOR STUNTED CHILDREN**

### **ABSTRACT**

This study aims to determine the formulation of fermented goat milk with the addition of okara (glycine max) as a synbiotic drink for stunted children. The research conducted was descriptive-experimental with five treatments. The population used in this study was okara waste and goat milk. The samples used were clean and ripe okara waste and goat milk that had been pasteurized for 15 minutes. The type of data is primary, which includes proximate content, total LAB, pH, dietary fiber, amino acids, and sensory tests on functional drinks with variations in the addition of okara and goat milk. The results showed that sensorially, formulation 4 (5% okara addition) is where the product is most liked by panelists in terms of texture, aroma, and color. With the results of proximate analysis, the water content was 88.58%, fat content was 1.11%, protein content was 2.17%, carbohydrate content was 7.66%, total LAB was  $5.05 \times 10^8$  CFU/mL, pH was 4, contained 5 types of essential amino acids, and dietary fiber was 2.19%.

**Keywords:** Fermentation, Okara, Synbiotic