

***Making Dragon Fruit (*Hylocereus Polyrhizus*) and Guava (*Pisidium Guajava*)
Sherbet as a Antioxidant Snack.*** Nita Maria Rosiana, S.TP., M.Sc

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ABSTRACT

Aging is a process of decreasing the body's ability or tissue that occurs slowly to maintain its normal structure and function. Aging is associated with increased susceptibility to disease and death with age and the amount of damage caused by free radicals. Aging can be prevented by consuming foods rich in antioxidants that have the ability to ward off free radicals. Natural antioxidants are found in fruits such as dragon fruit and guava. This study aims to develop a high-antioxidant snack product in the form of red dragon fruit and guava ice cream. This study used laboratory experimental research, and the design used was a Completely Randomized Design (CRD) with 6 treatments and 4 replications. Based on the results of the study, the highest antioxidant activity value was 67.50% (P1), and the ice cream overrun ranged from 2.975% to 10.575%. The formulation of red dragon fruit and guava fruit had a significant effect on the sour taste, milk taste, dragon fruit taste, ice cream color, dragon fruit aroma, milk aroma, and guava aroma. It had no significant effect on the sweet taste and texture. The taste, color, aroma, and texture of all treatments have the same preference. The best treatment ice cream P4 (26.3% dragon fruit: 26.3% guava) with antioxidant activity of 64.35% and overrun of 5.675%. The nutritional content of dragon fruit and guava ice cream 1 serving size is one cup (90 grams) with a total energy content of 162 kcal, 3 grams of protein, 4 grams of fat, 30 grams of carbohydrates, and total energy of 8%, 5% protein, 4% fat, and 9% carbohydrates.

Keywords: Anti Aging, Antioxidant, Dragon Fruit, Guava