

**Kajian Pembuatan Jelly Drink Sari Okra Hijau (*Abelmoschus esculentus*)
Dan Sari Apel Rome Beauty (*Malus domestica*) Sebagai Minuman Selingan
Untuk Penderita DM Tipe II** *(A Study on Making Jelly Drinks Green Okra
(*Abelmoschus esculentus*) and Rome Beauty (*Malus domestica*) Apple Cider as
Interlude Drinks for Patients with Type II DM*

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ABSTRACT

The addition of green okra juice and rome beauty apple cider in the manufacture of jelly drinks as alternative drinks for people with Type II Diabetes Mellitus. Green okra has a high fiber value. The purpose of the study: to determine the content of nutrients, especially dietary fiber in jelly drinks with green okra juice and rome beauty apple cider as a drink for people with Type II Diabetes Mellitus. Research method: experimental study using a randomized block design with 6 treatments adding purple sweet potato flour, namely: P1 (100% green okra juice: 0% rome beauty apple cider), P2 (90% green okra cider: 10% rome beauty apple cider). P3 (80% green okra cider : 20% rome beauty apple cider), P4 (70% green okra cider : 30% rome beauty cider), P5 (60% green okra cider : 40% rome beauty cider), P6 (50% green okra cider: 50% rome beauty apple cider), and each was repeated 4 times. The results of the study: the addition of green okra juice and Rome Beauty apple cider in various treatments affected the fiber content of the jelly drink, the more green okra juice was added, the fiber content of the jelly drink increased. P3 treatment (80% green okra juice: 20% Rome beauty apple cider) was the best treatment in terms of effectiveness index. Conclusion: the addition of green okra juice and Rome Beauty apple cider was significantly different to the jelly drink content, significantly different to hedonic and hedonic quality. The best treatment of P5 P3 (80% green okra juice: 20% Rome beauty apple cider) in one cup jelly drink contains 0.71gram fiber.

Keywords: Green Okra Juice, Rome Beauty Apple Cider, Dietary fiber,