

DAFTAR PUSTAKA

- Abdul, A., Kumaji, S., & Duengo, F. 2018. Pengaruh Penambahan Susu Sapi Terhadap Kadar Asam Laktat Pada Pembuatan Yoghurt Jagung Manis oleh *Streptococcus Thermophilus* dan *Lactobacillus Bulgaricus*. *Bioma: Jurnal Biologi Makassar*, 3(2), 1-9. Doi: <https://doi.org/10.20956/bioma.v3i2.5635>
- Agil, R., Gaget, A., Gliwa, J., Avis, T. J., Willmore, W. G., & Hosseinian, F. 2013. Lentils enhance probiotic growth in yogurt and provide added benefit of antioxidant protection. *LWT-Food Science and Technology*, 50(1), 45-49. Doi: <https://doi.org/10.1016/j.lwt.2012.07.032>
- Aini, M., Rahayuni, S., Mardina, V., Quranayati, Q., & Asiah, N. 2021. Bakteri *Lactobacillus* spp dan Peranannya Bagi Kehidupan. *Jurnal Jeumpa*, 8(2), 614-624. Doi: <https://doi.org/10.33059/jj.v8i2.3154>
- AOAC. 2005. *Official Method of Analysis of The Association at Official Analytical Chemist*. Benyamin Franklin Station, Washington D.C.
- AOAC. 2010. *Official Method of Analysis of The Association at Official Analytical Chemist*. Benyamin Franklin Station, Washington D.C
- AOAC. 2012. *Official Methods of Analysis of the Association of Official Analytical Chemists*. Maryland : AOAC International.
- Ariyani, O., Nisa, F. Z., Apriyanto, M., & Aprilia, V. 2019. Total phenol and antioxidant activities of rice bran yoghurt. *Indonesian Journal of Nutrition and Dietetics*, 7(2), 34-40.
- Bajaj, B. K., Claes, I. J., & Lebeer, S. 2021. Functional mechanisms of probiotics. *Journal of microbiology, biotechnology and food sciences*, 2021, 321-327. Doi: [10.15414/jmbfs.2015.4.4.321-327](https://doi.org/10.15414/jmbfs.2015.4.4.321-327)
- Berlianti, D., Sumarmono, J., & Rahardjo, A. H. D. 2022. Pengaruh Jenis Susu Terhadap Sineresis, Water Holding Capacity, Dan Viskositas Kefir Dengan Starter Kefir Grain. *Angon: Journal Of Animal Science And Technology*, 4(1), 72-80.
- Chen, C., Zhao, S., Hao, G., Yu, H., Tian, H., & Zhao, G. 2017. Role of lactic acid bacteria on the yogurt flavour: A review. *International Journal of Food Properties*, 20(sup1), S316-S330. Doi: <https://doi.org/10.1080/10942912.2017.1295988>
- Davani-Davari, D., Negahdaripour, M., Karimzadeh, I., Seifan, M., Mohkam, M., Masoumi, S. J., & Ghasemi, Y. 2019. Prebiotics: definition, types, sources, mechanisms, and clinical applications. *Foods*, 8(3), 92. Doi: <https://doi.org/10.3390/foods8030092>

- Dianasaril, U., Malaka, R., Maruddin, F. 2018. Nilai pH Asam Laktat dan Warna Susu Fermentasi dengan Penambahan Kulit Buah Naga Merah (*Hylocereus polyrhizus*) pada Lama Inkubasi Berbeda. Jurnal Sains dan Teknologi, ISSN 1411-4674. Doi: <https://doi.org/10.21067/jsp.v9i1.5388>
- Flieger, J., Flieger, W., Baj, J., & Maciejewski, R. 2021. Antioxidants: Classification, natural sources, activity/capacity measurements, and usefulness for the synthesis of nanoparticles. *Materials*, 14(15), 4135. Doi: <https://doi.org/10.3390/ma14154135>
- Ganesan, K., & Xu, B. (2017). Polyphenol-rich lentils and their health promoting effects. *International journal of molecular sciences*, 18(11), 2390. Doi: <https://doi.org/10.3390/ijms18112390>
- Halim, C. N., Zubaidah, E. 2013. Studi Kemampuan Probiotik Isolat Bakteri Asam Laktat Penghasil Eksopolisakarida Tinggi Asal Sawi Asin (*Brassica juncea*). *Jurnal Pangan dan Argoindustri* 1(1): 129-137.
- Hendarto, D. R., Handayani, A. P., Esterelita, E., & Handoko, Y. A. 2019. Mekanisme Biokimiawi dan Optimalisasi *Lactobacillus bulgaricus* dan *Streptococcus thermophilus* dalam Pengolahan Yoghurt yang Berkualitas. *J. Sains Dasar*, 8(1), 13-19.
- Herawati, E. 2016. Uji Ketahanan terhadap pH Asam dan Garam Empedu pada Bakteri Indigenous Buah Kawista (*Feronia limonia*) sebagai Kandidat Bakteri Probiotik. Prosiding Semnas IV Hayati 2016, 113-117.
- Hidayatulloh, A., Gumilar, J., & Harlia, E. 2019. Potensi senyawa metabolit yang dihasilkan *Lactobacillus plantarum* atcc 8014 sebagai bahan biopreservasi dan anti bakteri pada bahan pangan asal hewan. *Jitp*, 7(2), 1-6.
- Ihsan, R. Z., Cakrawati, D., Handayani, M. N., & Handayani, S. (2017). Penentuan umur simpan yoghurt sinbiotik dengan penambahan tepung gembolo modifikasi fisik. *Edufortech*, 2(1). Doi: <https://doi.org/10.17509/edufortech.v2i1.6168>
- Johnson, N., Johnson, C. R., Thavarajah, P., Kumar, S., & Thavarajah, D. 2020. The roles and potential of lentil prebiotic carbohydrates in human and plant health. *Plants, People, Planet*, 2(4), 310-319. Doi: <https://doi.org/10.1002/ppp3.10103>
- Joint FAO/WHO Codex Alimentarius Commission. 2017. *Codex alimentarius*. Food & Agriculture Org.
- Kariyawasam, K. M. G. M. M., Lee, N. K., & Paik, H. D. 2021. Synbiotic yoghurt supplemented with novel probiotic *Lactobacillus brevis* KU200019 and fructooligosaccharides. *Food Bioscience*, 39, 100835. Doi: <https://doi.org/10.1016/j.fbio.2020.100835>

- Kaur, R., Kaur, G., Mishra, S. K., Panwar, H., Mishra, K. K., & Brar, G. S. 2017. Yogurt: A nature's wonder for mankind. *International Journal of Fermented Foods*, 6(1), 57-69. Doi: 10.5958/2321-712X.2017.00006.0
- Kinteki, G. A., Rizqiati, H., & Hintono, A. 2019. Pengaruh Lama Fermentasi Kefir Susu Kambing Terhadap Mutu Hedonik, Total Bakteri Asam Laktat (BAL), Total Khamir dan pH. *Jurnal Teknologi Pangan*, 3(1), 42-50. Doi: <https://doi.org/10.14710/jtp.v3i1.20685>
- Kusuma, G. P. A. W., Nocianitri, K. A., & Pratiwi, I. D. P. K. 2020. Pengaruh lama fermentasi terhadap karakteristik Fermented Rice Drink sebagai minuman probiotik dengann isolat *Lactobacillus* sp. F213. *Jurnal Iterpa*, 9(2), 181-192.
- Lambrini, K., Aikaterini, F., Konstantinos, K., Christos, I., Ioanna, P. V., & Areti, T. (2021). Milk nutritional composition and its role in human health. *Journal of Pharmacy and Pharmacology*, 9, 8-13. Doi: <https://doi.org/10.1016/j.nut.2013.10.011>
- Lang, F., Wen, J., Wu, Z., Pan, D., & Wang, L. (2022). Evaluation of probiotic yoghurt by the mixed culture with *Lactobacillus plantarum* A3. *Food Science and Human Wellness*, 11(2), 323-331. Doi: <https://doi.org/10.1016/j.fshw.2021.11.006>
- Lisa, M., Lutfi, M., & Susilo, B. (2015). Pengaruh suhu dan lama pengeringan terhadap mutu tepung jamur tiram putih (*Plaerotus ostreatus*). *Jurnal Keteknikan Pertanian Tropis dan Biosistem*, 3(3), 270-279. Doi: <http://dx.doi.org/10.21776/jkptb.v3i3.293>
- Maharani, Farikha; dan Riwayati, Indah. 2017. "Analisa Kadar Protein dan Uji Organoleptik Susu Kacang (*Vigna unguiculata*) dan Susu Kacang Merah (*Phaseoulus vulgaris L*) yang Dikombinasi Dengan Kacang Kedelai" *Jurnal Ilmiah cendekia Eksata*. ISSN 2528-5912.
- Mantis, A., Papageorgiou, D., Fletouris, D., and Apostolos, A. 2018. Hygiene and Technology of Milk and Its Products, pp. 1-30.
- Marangoni, F., Pellegrino, L., Verduci, E., Ghiselli, A., Bernabei, R., Calvani, R., ... & Poli, A. 2019. Cow's milk consumption and health: a health professional's guide. *Journal of the American College of Nutrition*, 38(3), 197-208. Doi: <https://doi.org/10.1080/07315724.2018.1491016>
- Mora-Villalobos, J. A., Montero-Zamora, J., Barboza, N., Rojas-Garbanzo, C., Usaga, J., Redondo-Solano, M., ... & López-Gómez, J. P. 2020. Multi-product lactic acid bacteria fermentations: a review. *Fermentation*, 6(1), 23. Doi: 10.3390/fermentation6010023
- Mufidah, L., Rachmawati, E., & Mayang, C. 2021. Kajian Pustaka Jenis Starter, Lama Fermentasi, Dan Sifat Organoleptik Yoghurt Susu Kedelai. *Jurnal Socia Akademika*, 7(1), 17-23. Doi: <https://aks-akk.e-journal.id/jsa/article/view/111>

- Muhammad, E. P., Murni, A. W., Sulastri, D., & Miro, S. 2016. Hubungan Derajat Keasaman Cairan Lambung dengan Derajat Dispepsia pada Pasien Dispepsia Fungsional. *Jurnal Kesehatan Andalas*, 5(2). Doi: <https://doi.org/10.25077/jka.v5i2.524>
- Nugrahani, S., & Yuanita., L. 2019. Pengaruh Blanching Terhadap Mutu Kimia dan Organoleptik Umbi Yakon (*Smallanthus sonchifolius*). Universitas Surabaya. UNESA: *Journal of Chemistry*, 8(2).
- Nurainy, F., & Rizal, S. 2018. Ketahanan terhadap Kondisi pH Asam dan Aktifitas Antagonis terhadap Bakteri Patogen Empat Jenis Bakteri Asam Laktat. In Proseding Seminar Nasional Pengembangan Teknologi Pertanian SEMNAS Tektan VI (pp. 1-425). Up Politeknik Negeri Lampung.
- Nurdjanah, S., Murhadi, M., Sugiharto, R., Dewi, R., & Yustiana, A. 2019. Antioxidant Activity Test and Preference Level of Various Clones of Sweet Potato Leaves (Ipomea batatas). Doi:
- Nurhidayati, S., Faturrahman, Ghazali, M. 2015. Deteksi Bakteri Patogen yang Berasosiasi dengan *Kappaphycus alvarezii* (Doty) Bergejala Penyakit Ice-Ice. *Jurnal Sains Teknologi dan Lingkungan* 1(2): 24-30. Doi: <https://doi.org/10.29303/jstl.v1i2.53>
- Palai, S., Derecho, C. M. P., Kesh, S. S., Egbuna, C., & Onyeike, P. C. 2020. Prebiotics, probiotics, synbiotics and its importance in the management of diseases. In *Functional Foods and Nutraceuticals* (pp. 173-196). Springer, Cham. Doi: https://doi.org/10.1007/978-3-030-42319-3_10
- Podder, R., Khan, S. M., Tar'an, B., Tyler, R. T., Henry, C. J., Jalal, C., ... & Vandenberg, A. (2018). Sensory Acceptability of Iron-Fortified Red Lentil (*Lens culinaris* Medik.) Dal. *Journal of food science*, 83(3), 804-813. Doi: <https://doi.org/10.1111/1750-3841.14066>
- Pratama, D. R., Melia, S., & Purwati, E. 2020. Perbedaan Konsentrasi Kombinasi Starter Tiga Bakteri terhadap Total Bakteri Asam Laktat, Nilai pH, dan Total Asam Tertitrasi Yogurt. *Jurnal Peternakan Indonesia (Indonesian Journal of Animal Science)*, 22(3), 339-345. Doi: <https://doi.org/10.25077/jpi.22.3.339-345.2020>
- Pratita, A. T. K., & Fathurohman, M. 2021. Aktivitas Antioksidan Minuman Fungsional Berbahan Baku Kacang Lentil Merah (*Lens culinaris* Medik). *Pharmacoscript*, 4(1), 32-40.
Doi: <https://doi.org/10.36423/pharmacoscript.v4i1.615>
- Prosser, C. G. 2021. Compositional and functional characteristics of goat milk and relevance as a base for infant formula. *Journal of Food Science*, 86(2), 257-265. Doi: <https://doi.org/10.1111/1750-3841.15574>

- Purwadani, L., Imelda, F., & Darus, L. 2018. Aktivitas prebiotik polisakarida larut air biji durian in vitro pada *Lactobacillus plantarum*, *L. acidophilus* dan *Bifidobacterium longum*. *FoodTech: Jurnal Teknologi Pangan*, 1(1), 14-24. Doi: <http://dx.doi.org/10.26418/jft.v1i1.30346>
- Rahbar Saadat, Y.; Yari Khosroushahi, A.; Pourghassem Gargari, B. 2019. A comprehensive review of anticancer, immunomodulatory and health beneficial effects of the lactic acid bacteria exopolysaccharides. *Carbohydr. Polym.* 217, 79–89. Doi: <https://doi.org/10.1016/j.carbpol.2019.04.025>
- Retnowati P. A. dan J. Kusnadi. 2014. Pembuatan minuman probiotik sari buah kurma (*Phoenix dactylifera*) dengan isolat *Lactobacillus plantarum*. *Jurnal Pangan dan Agroindustri* Vol.2 No.2 p.70-8.
- Rizal, S., dan Nurainy, F. 2017. Ketahanan terhadap Kondisi pH Asam dan Aktifitas Antagonis terhadap Bakteri Patogen Empat Jenis Bakteri Asam Laktat. *Prosiding Seminar Nasional Pengembangan Teknologi Pertanian* 134-139.
- Sansawal, R., Ahlawat, U., & Dhanker, R. 2017. Yoghurt: A predigested food for lactose- intolerant people. *International Journal of Current Microbiology and Applied Sciences*, 6(12), 1408– 1418. Doi: <https://doi.org/10.20546/ijcmas.2017.612.158>
- Sekarningrum, A. S., & Umar, S. 2020. Pembuatan Yoghurt Sinbiotik Kacang Merah (*Phaseolus Vulgaris L.*) Dengan Penggunaan Bakteri Asam Laktat Dengan Penambahan Prebiotik. *Jurnal Bioindustri (Journal Of Bioindustry)*, 2(2), 476-486. Doi: <https://doi.org/10.31326/jbio.v2i2.655>
- Senditya, M., Hadi, M. S., Estiasih, T., & Saparianti, E. 2014. Efek Prebiotik dan Sinbiotik Simplicia Daun Cincau Hitam (*Mesona Palustris Bl*) Secara In Vivo: Kajian Pustaka [In Press Oktober 2014]. *Jurnal Pangan Dan Agroindustri*, 2(3), 141-150.
- Setiarto, R. H. B., Widhyastuti, N., Saskiawan, I., & Safitri, R. M. 2017. Pengaruh Variasi Konsentrasi Inulin pada Proses Fermentasi oleh *L. acidophilus*, *L. bulgaricus* dan *S. thermophilus*-(The Inulin Variation Concentration Effect in Fermentation Using *L. acidophilus*, *L. bulgaricus* and *S. thermophilus*). *Biopropal Industri*, 8(1), 1-17.
- Tsania, I. L., Hidayati, I., & Jariyah, I. A. 2021. Uji Prebiotik Mangga Manalagi (*Mangifera indica L. var manalagi*) Terhadap Pertumbuhan *Lactobacillus plantarum* Secara In Vitro. *Jurnal Al-Azhar Indonesia Seri Sains Dan Teknologi*, 6(2), 102-107. Doi: <http://dx.doi.org/10.36722/sst.v6i2.823>
- Uriot, O., Denis, S., Junjua, M., Roussel, Y., Dary-Mourot, A., & Blanquet-Diot, S. 2017. *Streptococcus thermophilus*: from yogurt starter to a new promising probiotic candidate. *Journal of Functional Foods*, 37, 74-89 Doi: <https://doi.org/10.1016/j.jff.2017.07.038>

- US Food and Drug Administration. 2017. CFR-code of federal regulations title 21.
- US Food and Drug Administration. 2018. Reference amounts customarily consumed: list of products for each product category: guidance for industry.
- Van der Beek, C. M., Dejong, C. H., Troost, F. J., Masclee, A. A., & Lenaerts, K. 2017. Role of short-chain fatty acids in colonic inflammation, carcinogenesis, and mucosal protection and healing. *Nutrition reviews*, 75(4), 286-305. Doi: <https://doi.org/10.1093/nutrit/nuw067>
- Widayat, S., Cahyono, B., Girsang, D., Prabandari, N. and Dita, A.S. 2020. The characterization of physicochemical, microbiological and sensorial properties of red ginger yoghurt during fermentation. *Food Research*, 4(5), 1753– 1757
- Yani, L., Roza, R. M., & Martina, A. 2011. Isolasi dan seleksi bakteri asam laktat dari yoghurt produksi industri rumah tangga di Pekanbaru yang bersifat antibakteri terhadap Escherichia coli dan Salmonella typhi.
- Zare, F., Orsat, V., Champagne, C., Simpson, B.K., Boye, J.I.. 2012. Microbial and physical properties of probiotic fermented milk supplemented with lentil flour. *Journal of Food Research*, 1, 94-107.
Doi: <https://doi.org/10.5539/jfr.v1n1p94> .
- Zeng, H., Lazarova, D. L., & Bordonaro, M. 2014. Mechanisms linking dietary fiber, gut microbiota and colon cancer prevention. *World journal of gastrointestinal oncology*, 6(2), 41. Doi: 10.4251/wjgo.v6.i2.41
- Zotta, T., Ricciardi, A., Ianniello, R. G., Storti, L. V., Glibota, N. A., & Parente, E. 2018. Aerobic and respiratory growth of heterofermentative lactic acid bacteria: A screening study. *Food microbiology*, 76, 117-127. Doi: <https://doi.org/10.1016/j.fm.2018.02.017>
- Zubaidah, E., Akhadiana, W. 2013. Comparative Study of Inulin Extracts from Dahlia, Yam, and Gembili Tubers as Prebiotic. *Food and Nutrition Sciences*, 4: 8-12.
Doi: 10.4236/fns.2013.411A002