

## **ABSTRACT**

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*The title of this research is "Avocado-Based Rice Pudding Innovation," which analyzes the creative process in creating dessert food products. This research aims to create a new variation of rice pudding by using avocado as the main ingredient, resulting in a product that is not only delicious but also provides additional nutritional benefits. The research method involves literature review on the benefits of avocado and techniques for making rice pudding, experiments in combining ingredients, as well as sensory evaluation to assess the taste and texture of the product.*

*The result of this research is the development of avocado-based rice pudding that has a unique flavor and a soft texture, with an appealing visual appearance. Nutritional evaluation reveals that this product contains healthy fats, fiber, and other essential nutrients that have the potential to benefit heart health and digestion. Sensory assessment is conducted by involving panelists who provide evaluations of taste, aroma, texture, and visual presentation of the product. The results of the evaluation show a positive response to the avocado-based rice pudding produced.*

*This research depicts that through innovation in traditional foods like rice pudding, utilizing new ingredients like avocado, can result in inspirational and nutritionally valuable products. The development of such products has the potential to serve as a healthy and appetizing dessert alternative, while also opening new opportunities in the food industry focused on innovation and creativity.*

*Keywords: innovation, rice pudding, avocado, flavor, nutrition, sensory, dessert.*