

ABSTRACT

This research examines the innovation of kiwi-based mousse as a response to low fruit and vegetable consumption in Indonesia, especially among adolescents. The study analyzes factors influencing fruit consumption, particularly kiwi, including economic, social, and cultural aspects. The health benefits of kiwi, such as high vitamin C and E content, low glycemic index, and actinidin enzyme, are discussed in detail. This research also explains the concept of mousse and expert perspectives on it. The innovation of kiwi-based mousse is driven by several factors, including kiwi's nutritional value, unique taste and appearance, healthy food trends, and the push to utilize local ingredients. The study concludes that kiwi-based mousse offers a healthy dessert alternative that is visually appealing and supports sustainable practices in the food industry. This kiwi-based mousse innovation was developed with the aim of creating a dessert product that is not only delicious but also healthy and has added nutritional value. Kiwi fruit was chosen as the main ingredient because of its high nutritional content, especially vitamin C, fiber, vitamin E, and antioxidants, which can provide various health benefits, including strengthening the immune system and supporting healthy skin. In addition, kiwi is also known for its unique fresh taste, which makes it an ideal ingredient for mousse products which usually have a light and creamy texture.

The process of developing this kiwi mousse involved various stages of research and testing to produce the optimal recipe. The selection of supporting ingredients such as thickeners, sweeteners and stabilizers is done carefully to ensure the resulting mousse has a good balance between taste, texture and storage stability. In this formulation, we also consider sustainability aspects by using natural and organic ingredients and energy efficient processes.

The method for making this mousse is designed to preserve as much of the nutritional content of the kiwi as possible. This is done by minimizing heating and

using processing techniques that maintain the integrity of vitamins and minerals. Apart from that, this process also maintains the organoleptic characteristics of kiwi fruit such as fresh taste, natural green color and distinctive aroma.

Organoleptic testing was carried out involving panelists consisting of various consumer segments, including those who are health conscious and dessert lovers. Test results showed that this kiwi-based mousse was well received, especially in terms of its fresh taste, smooth texture and attractive appearance. Apart from that, this mousse is also considered superior in terms of nutritional content compared to conventional mousse which is usually high in sugar and fat.

With this innovation, it is hoped that kiwi mousse can become a healthier alternative dessert on the market, as well as encouraging diversification of processed kiwi fruit products which have not been widely developed. This product development also opens up opportunities for further exploration in the application of other tropical fruits in similar products, which can support increased fruit consumption and public health in general.

Keywords: *fruit consumption, kiwi, mousse, culinary innovation, nutrition, health, sustainability, healthy food trends, local economy, food aesthetics.*