

ABSTRACT

Silky pudding is one of the most popular types of desserts, known for its soft texture and pleasant taste. However, most commercially available puddings are low in protein and nutritional value due to the use of high-calorie refined sugar. The utilization of whey protein as a high-protein ingredient and cassava sugar as a natural sweetener in silky pudding aims to increase its protein content and reduce calories, making silky pudding a delicious, healthy, and nutritious dessert. The objective of this study is to develop an optimal formulation of silky pudding based on whey protein and cassava sugar. Cassava sugar plays a crucial role in creating a healthier dessert, as its calorie content is significantly lower than that of refined sugar. This research also assesses consumer acceptance of the innovative product. An experimental research method was applied, and the product was evaluated through organoleptic testing, focusing on sensory attributes such as taste, aroma, texture, color, and appearance. The results showed that the best formulation was achieved using a combination of 35 grams of whey protein and 3 tablespoons of cassava sugar, with the final product branded as “Goodink.” This product received very high acceptance, with 87% of panelists rating its texture as very soft, and 73% rating the taste as very delicious. Notably, no panelist gave negative feedback, indicating that the product was well-received and generally liked. This innovation demonstrates strong potential as a dessert that is not only enjoyable but also nutritious, thanks to the use of natural ingredients such as cassava sugar and whey protein to enhance health benefits.

Keywords : *Pudding, Dessert, Whey Protein, Cassava Sugar, Utilization*