

ABSTRACT

This study discusses the use of avocado as a substitute for fat solids in making cheesecake. Avocado is known as a fruit rich in unsaturated fats, fiber, vitamins, and antioxidants, and has a soft texture and neutral taste. These characteristics make avocado a great potential substitute for fatty ingredients such as cream cheese, which are commonly used in making cheesecake. In addition, the use of avocado also supports the use of local ingredients that are easily found in Indonesia, making it an economical and sustainable alternative. The purpose of this study was to determine the innovative recipe formulation for making avocado-based cheesecake as a substitute for fat solids, and to measure the level of consumer acceptance of the product. This study used an innovative method with a formulation that combines 60% avocado and 40% cream cheese. The product was tested through organoleptic tests by 30 panelists from various backgrounds, including academics and the general public, to assess taste, aroma, texture, appearance, and overall level of liking. The results showed that this combination was able to maintain the characteristics of creamy and delicious cheesecake, while significantly reducing saturated fat content. This innovation is expected to inspire the development of healthy, delicious desserts based on local ingredients. The research not only yielded innovative dessert products but also contributed to the development of culinary traditions based on local ingredients. It is hoped that the results of this study can serve as a reference and inspiration for food industry players in creating dessert products without sacrificing taste. Keywords: Utilization of Avocado Fruit, Cheese Cake, Dessert, Solid Fat Substitution

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