

Making Semprit Cookies with Substitution of Green Bean Flour and Moringa Leaf Flour as Snacks to Prevent Stunting

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ABSTRACT

Stunting can be caused by nutritional intake, especially energy and protein as well as calcium that is not fulfilled in the womb. One of the efforts to prevent stunting is a specific intervention targeting pregnant women by consuming foods high in protein and calcium. Foodstuffs that are high in protein and calcium are green beans and moringa leaves. Squirr cakes with the substitution of mung bean flour and moringa leaf flour can be used as snacks to prevent stunting. This study aims to determine the characteristics of the syringe cake with the substitution of mung bean flour and moringa leaf flour as a snack to prevent stunting. This study used a completely randomized study design (CRD). The formulations of mung bean flour and moringa leaf flour are in the ratio, P1 (16:4), P2 (15:5), P3 (14:6), P4 (13:7), P5 (12:8), and P6 (11:9) with 4 repetitions. The results of this study indicate that there is a significant difference (sig 0.05) on the protein content of the squirt cake. The organoleptic results the color of the squirt cake is between green to dark green, has a slightly sweet to sweet taste, with a slightly weak moringa aroma to a strong moringa aroma and a crunchy to very crunchy texture. The best treatment for the squirt cake in this study was in treatment P1 (16:4, mung bean flour:moringa leaf flour) with energy characteristics of 470 kcal, protein of 9.30g, fat of 21.0g, carbohydrates of 61,5g, calcium content of 23,8mg, with a fracture power value of 11.43%,parameters of green color/like, sweet/like taste,slightly strong moringa aroma/like,and crunchy/like texture. There was no significant difference to the results of the fission test (breakability) of the syringe cake. Giving a squirt cake with the substitution of mung bean flour and moringa leaf flour as much as 210 g/day with the distribution of three consumptions as a snack.

Keywords: *cookies, mung bean, moringa leaf, stunting*