

**Pembuatan Pancake Tepung Daun Kelor Dan Tepung Pisang Sebagai Makanan  
Selingan Sumber Zat Besi (Fe) Untuk Anemia**

*(Making Moringa Leaf Flour Pancakes And Banana Flour As a High Fe Snacks  
For Anemia)*

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***ABSTRACT***

*Anemia often occurs in young women because menstruation once a month so that increased need for iron in the body. Iron plays an important role for the body and vitamin C plays a role in the process of iron absorption in the body. Anemia can be prevented by consuming foods that contain iron. One of the food products favored by young women is pancakes which made using Moringa leaf flour and banana flour. This study aims to determine the characteristics of pancakes with the addition of Moringa leaf flour and banana flour as a high-Fe snack for anemia. The experimental design carried out was a completely randomized design (CRD) with 6 treatments, namely P1 (1 Moringa leaf flour : 5 banana flour), P2 (1 Moringa leaf flour : 2 banana flour), P3 (1 Moringa leaf flour : 1 banana flour), P4 (2 Moringa leaf flour : 1 banana flour), P5 (5 Moringa leaf flour : 1 banana flour), P6 (3 Moringa leaf flour : 0 banana flour) and at Each treatment was repeated 4 times. The analysis used is the content of iron (Fe), organoleptic, vitamin C and proximate for the best treatment. The results showed that with the more addition of Moringa leaf flour there was an increase in the iron content in the pancakes, which ranged from 2.24-6.27 mg/100 grams. The organoleptic results has no a significant effect on the color hedonic quality test, the distinctive taste of Moringa leaves, the distinctive aroma of Moringa leaves, the aroma of margarine, tenderness, hollow/porous texture and stickiness, hedonic tests on color, taste, aroma and texture. However, it had a significant effect on the hedonic quality of sweetness. The best treatment was pancakes with the addition of 1 Moringa leaf flour : 1 banana flour which was liked by the panelists. The provision of Moringa leaf flour pancakes and banana flour in a day based on the provisions as a snack is 1½ pieces (75 grams) with 200 kcal of energy, 11 grams of protein, 8 grams of fat, 19 grams of carbohydrates, 3 mg/100 g of Fe and 26 grams of Vitamin C*

**Keywords:** *Anemia, Moringa Leaf Flour, Banana Flour, Pancakes*