

***Test of the Physical Properties and Organoleptic Properties of Ice Cream of Moringa Leaf Flour as a Functional Food Source of Iron***

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**ABSTRACT**

*The health problems experienced by the Indonesian people are currently known to exist in two problems, namely the problem of infectious diseases and non-communicable diseases. Non-communicable diseases can occur due to incorrect behavior or diet, such as anemia. According to the results of the Basic Health Research survey in 2018, the percentage of anemia in Indonesia was 48.9%. Anemia is caused by the lack of iron (Fe) consumption in the body, the deficiency can have a disruptive impact on development and growth. One way to overcome the problem of anemia is to give food a source of iron. This study aims to determine the characteristics of ice cream with the addition of Moringa leaf flour as a functional food source of iron. This study used a complete randomized research design (RAL). Moringa leaf flour formulation by ratio, P1 (5:95), P2 (10:90), P3 (15:85), P4 (20:80), P5 (25:75), and P6 (30:70) with 4 repetitions. The results of this study showed that there was a significant difference ( $\text{sig} \leq 0.05$ ) to the overrun value of ice cream. At the value of the melting speed of ice cream there is no significant difference. The best treatment from this study was P1 (5:95, Moringa leaf flour: skim milk). Giving ice cream with the addition of Moringa leaf flour as much as 90 ml per day.*

*Keywords : Anemia, ice cream, Moringa leaf flour*