

***Study of Making Cookies with Avocado Seed Flour Substitution as a Snack
Containing Antioxidants***

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ABSTRACT

Antioxidants are inhibitors that are useful for inhibiting auto-oxidation, therefore the body needs an important substance to help protect the body from free radical attacks and non-communicable diseases. This study aims to analyze the quality characteristics of cookies by substituting avocado seed flour as a snack containing antioxidants. The research design used was a completely randomized design (CRD) with 5 treatment formulations namely 90% : 10%, 80% : 20%, 70% : 30%, 60% : 40%, 50% : 50% and 5 repetitions were carried out. The analysis used was antioxidant, organoleptic, and proximate in the best treatment. The results showed that the more avocado seed flour was added, the higher the antioxidant activity content. Cookies have antioxidant activity ranging from 19,10% to 53,04%. P3 treatment with a formulation of 70% wheat flour + 30% avocado seed flour was the best treatment on the organoleptic test criteria for cookies, namely slightly bitter, brown in color, slightly unpleasant, and slightly crunchy texture. protein content 15,07%, fat content 13,21%, ash content 1,63%, moisture content 2,56% and antioxidant activity 36.54%. Cookies for snacks twice a day with a serving size of 50 grams per serving. The nutritional value of cookies in each serving is 225 kcal of energy, 8 grams of protein, 7 grams of fat and 34 grams of carbohydrates.

Keywords: Antioxidants, Cookies, Avocado Seed Powder