

***Formulasi Kue Lidah Kucing dengan Substitusi Tepung Daun Kelor bagi
Wanita Usia Subur (WUS) untuk Mencegah Anemia***

*(Formulation of Cat's Tongue Cake with Substitution of Moringa Leaf Flour for
Women of Reproductive Age (WUS) to Prevent Anemia)*

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ABSTRACT

Women of childbearing age are at a vulnerable age to experience various nutritional problems, namely anemia because women of childbearing age experience puberty (menstruation) and will be carried over to pregnancy, if pregnant women with anemia will have an impact on the health of the mother and fetus such as the risk of premature birth. Anemia can be prevented by consuming foods that are high in iron. One of the food products that is popular with women of childbearing age today is the cat's tongue cake made using moringa leaf flour. This study aims to analyze the formulation of cat's tongue cake with the substitution of moringa leaf flour for women of childbearing age (WUS) to prevent anemia. The experimental design used was a completely randomized design (CRD) with 5 substitution treatments for Moringa leaf flour P1 (22 T. Flour : 3 T. Moringa leaves), P2 (21 T. Wheat : 4 T. Moringa leaves), P3 (20 T. .Wheat : 5 T.Moringa leaves), P4 (19 T.Wheat : 6 T.Moringa leaves), P5 (18 T.Wheat : 7 T.Moringa leaves) and in each treatment repeated 5 times. The analyzes used were iron, organoleptic, and proximate levels in the best treatment. The results showed that the more moringa leaf flour was added, the iron content would increase. The organoleptic results of the cat's tongue cake in the best treatment produced a yellowish green/like color, less moringa/like taste, less strong moringa/like aroma, and crunchy/like texture. Giving cat tongue cakes in one recommended consumption is 50 grams (10 pieces) with an energy content of 230 kcal, 8 grams of protein, 7 grams of fat, 33 grams of carbohydrates, and 2 mg of iron.

Keywords: *Anemia, Cat's Tongue Cake, Moringa Leaf Powder*