Studi Pembuatan *Cookies* Dari Tepung Beras Merah dan Tepung Kacang Hijau Sebagai Makanan Alternatif Tinggi Fosfor Bagi Ibu Hamil

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Abstract

Pregnant women need a balanced intake of nutrients, if micronutrient deficiencies can cause anemia. Factors associated with anemia in pregnant women are phosphorus. Cookies are a type of biscuits made from soft dough, high in fat, crunchy and when broken, the chunks are strong and solid. This research was modified using red rice flour and mung bean flour in making cookies. This study aims to determine the characteristics of cookies based on brown rice flour and mung bean flour as an alternative food high in phosphorus for pregnant women. The experimental design used was a Randomized Block Design. Determination of the formulation in this study was made to compare brown rice flour and mung bean flour, namely 65%: 35%, 60%: 40%, 55%: 45%, 50%: 50%, 45%: 55%, 40%: 60% and each treatment was repeated 4 times. Analysis conducted on cookie products is biochemical (phosphorus), and organoleptic. The results showed cookies of red rice flour and mung bean flour significantly ($P < 0.05$) on phosphorus content, hedonic test on taste and hedonic quality test on taste, color, and texture. However, no significant effect ($P > 0.05$) on the level of crispness, hedonic test on color, aroma, texture and hedonic quality test on aroma. The best treatment is cookies by using 40% red brown rice flour and 60% green bean flour. Pregnant women are encouraged to consume 2 pieces of cookies to meet daily needs.

Keywords: *Cookies*, Brown Rice Flour, Mung Bean Flour, High Phosphorus, Pregnant Women.