

**Development of Brownies from Sorghum Flour
(Sorghum bicolor L. Moench)
as High Fiber Snacks**

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ABSTRACT

As functional food sorghum is very important to solve the problem of low of fiber intake. Brownies are also included of cake which is brown and does not fluffy, but has a moist inner texture, dry-texture on the top of brownies, has a sweet taste and aroma of chocolate. In this study brownies were modified substitution by sorghum flour. This study aims to determine the development of brownies which are substituted by sorghum flour and the characteristics and feasibility of high-fiber snack. The experimental design used was a Randomized Group Design. Determination of the formulation in this study was made a comparison of sorghum flour and wheat flour, 30%: 70%, 40%: 60%, 50%: 50%, 60%: 40%, 70%: 30%, 80%: 20% and each treatment was repeated 4 times. The results showed that brownies with the substitution by sorghum flour were significantly different ($P < 0.05$) on fiber content, hedonic quality test on aroma and texture and hedonic test on texture and taste. However, there was not significantly different ($P > 0.05$) on the hedonic quality test on unpleasant aroma and taste, as well as the hedonic test on chocolate aroma and unpleasant aroma. The best addition is brownies by using 50% sorghum flour and 50% wheat flour. People under a high-fiber diet program are encouraged to consume 53 g of sorghum flour brownies as a daily snack.

Keywords: Brownies, Sorghum Flour, Fiber, Wheat Flour.