

# **Making Instant Baby Porridge from Red Dragon Fruit and Purple Sweet Potato**

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## **ABSTRACT**

*Obesity in children is a nutritional problems caused by excessive fat accumulation. One of the efforts to prevent diseases in children that are triggered by obesity is to modify their diet in the form of alternative MP-ASI with high in antioxidants. This study aims to examine the production alternative complementary feeding of instant baby porridge from red dragon fruit and purple sweet potato. The research design used was a completely randomized design (CRD) with 6 treatment formulations, namely 30% : 20%, 28% : 22%, 26% : 24%, 24% : 26%, 22% : 28%, 20% : 30%, and repeated 4 times. The results showed that there was no difference in the content of antioxidant activity between treatments. P3 treatment consist of 26% dragon fruit powder and: 24% purple sweet potato flour was the best treatment with 34.815% antioxidant activity, kamba density value 0.685 g/ml, carbohydrate content 56.97%, fat content 25.35%, protein content 12,5%, 3.94% moisture content, and 1.24% ash content. One serving size of 25 grams complementary feeding contains 152 kcal of energy, 4 grams of protein, 8 grams of fat, and 17 grams of carbohydrates.*

**Key words:** *Antioxidant, MP-ASI, Red Dragon Fruit Powder, Purple Sweet Potato Flour*