Studi Pembuatan *Boba Pearls* Dengan Penambahan Coklat Bubuk Sebagai Pangan Fungsional Sumber Serat

(Study of Making Boba Pearls With the Addition of Cocoa Powder as a Functional Food Source of Fiber)

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ABSTRACT

Boba pearls are a popular snack among the people of Indonesia. Boba pearls are low-fiber snacks because they contain tapioca flour as much as 0.9 grams of fiber per 100 grams. Cocoa powder (*Theobroma cacao*) is one of the foods with sufficient fiber content, amounting to 32.6 grams per 100 grams. The choice of cocoa powder as an additional ingredient in boba pearls because it is in great demand by various people and the protein in chocolate contains tyrosine, phenylalanine, and the amino acid tryptophan. This study aims to analyze the effect of adding cocoa powder on fiber content, organoleptic properties, serving dose and the best treatment of boba pearls as functional food. The experimental design used a Complete Randomized Design (RAL) with 5 substitutions of cocoa tapioca flour powder P1 (92% tapioca flour: 8% cocoa powder), P2 (84% tapioca flour: 16% cocoa powder), P3 (76% tapioca flour: 24% cocoa powder), P4 (68% tapioca flour: 32% cocoa powder), and P5 (60% tapioca flour: 40% cocoa powder) and each treatment was repeated 5 times. This study used analysis of fiber content, organoleptic properties, serving dose, and best treatment. The results showed that the higher the amount of addition of cocoa powder, the higher the fiber content. Furthermore, the organoleptic results of boba pearls in the best treatment resulted in brown/neutral color parameters and slightly bitter/neutral sweetness, while the typical aroma parameters of cocoa powder were weak/like and slightly chewy/like texture. Giving boba pearls at one consumption is recommended as much as 25 grams with an energy content of 77 kcal, protein 0,73 grams, fat 0,77 grams, carbohydrates 16,76 grams, and fiber 1,89 grams.

Keywords: Boba Pearls, Cocoa Powder, Fiber