Making Butter Cookies with Mung Bean Flour and Red Bean Flour Substitution as a Protein Source Snack for Toddlers

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ABSTRACT

Stunting remains a major issue in developing countries like Indonesia. According to the 2022 Indonesia Nutrition Status Survey, the prevalence of stunting in Indonesia reached 21.6%. The direct causes of stunting include inadequate food intake and infectious diseases. This study aims to determine the nutritional content and organoleptic properties of butter cookies substituted with mung bean flour and red bean flour as a protein source snack. The research design used was a Completely Randomized Design (CRD) with five treatments and five replications, consisting of P1 (90% mung bean flour : 10% red bean flour), P2 (80% mung bean flour : 20% red bean flour), P3 (70% mung bean flour : 30% red bean flour), P4 (60% mung bean flour : 40% red bean flour), and P5 (50% mung bean flour : 50% red bean flour). The analysis conducted included protein content, organoleptic properties, and proximate analysis on the best treatment. The study results showed that the higher the proportion of red bean flour in the butter cookies, the higher the protein content, with P5 having the highest protein content at 13.92 g per 100 grams. The best treatment was P4 (60% mung bean flour : 40% red bean flour), characterized by a moderately sweet taste, crispy texture, a mild mung bean aroma, and a light brown color.

Keywords : *Butter cookies, mung bean flour, red bean flour, protein*