

Muffin Formulation Substitute Tofu Dregs Flour As A Snack

Source Of Fiber

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ABSTRACT

Indonesian people's lifestyles now tend to be practical and pay less attention to healthy eating patterns, thus increasing the risk of diseases such as cancer, diabetes, and obesity. One way to overcome this problem is by consuming foods containing sources of fiber because if consumed by someone regularly it can have a positive impact on their health. The purpose of this study was to analyze the characteristics of tofu dregs flour substitute muffin formulations as a snack that has the potential to be a source of fiber. This study was a laboratory experiment with a completely randomized design (CRD). This study used five treatments of tofu dregs flour and wheat flour comparisons, namely: P1 (30%: 70%), P2 (40%: 60%), P3 (50%: 50%), P4 (60%: 40%), and P5 (70%: 30%). The parameters of this study were fiber content, organoleptic test, swelling power test, determination of the best treatment and nutritional content analysis. The results showed significant differences in fiber content and swelling power of muffins with various levels of tofu dregs flour substitution. Based on the determination of the best treatment, the best formulation was obtained in treatment P3 with a ratio of tofu dregs flour to wheat flour of 50%:50%. The characteristics of the tofu dregs flour muffins in the third treatment were yellow in color, a mild tofu dregs aroma and taste, and a soft texture. Based on the results of the hedonic test, the panelists rated the characteristics of the muffins in the third treatment as liking.

Keywords: Expansion power, Muffin, Tofu Dregs Flour, Fiber.