

***Physical, Chemical and Sensory Characteristics of Food Bar Substitution
Banana Flour and Banana Sticks
Supervised by : Dr. Elly Kurniawati, S.TP., M.P***

Nurritzika Arina Salsabila
*Study Program of Food Engineering Technology
Majoring of Agricultural Technology*

ABSTRACT

Food bars are practical, ready-to-eat snacks in bar form, usually made from a mixture of grains and nuts with a binding agent. Food bars are generally made from imported commodity flour. An alternative to reducing dependence on imported commodities is to use local raw materials. Local raw materials that can be used as the main ingredient in food bar production are bananas processed into banana flour and banana sticks. The combination of banana flour and banana sticks is expected to improve the texture of the food bar, making it compact and dense. The objective of this study is to determine the physical, chemical, and sensory characteristics of food bars substituted with banana flour and banana sticks, as well as to determine the optimal treatment. This study used a Completely Randomized Design (RAL), consisting of 6 treatments and 3 replications. The best treatment for the banana flour and banana stick-substituted food bar was treatment F5 (15 g banana flour and 35 g banana sticks) with physical characteristics of 20 N breaking strength, chemical characteristics of moisture content, crude fiber content, and reduced sugar content of 4.35%, 12.84%, and 0.63%, respectively, and the results of the hedonic organoleptic test for color, taste, aroma, and texture were 3.38; 3.73; 3.70, and 3.56, respectively, and the hedonic quality test results were slightly brown in color, slightly banana flour-like in taste, slightly banana flour-like in aroma, and slightly hard in texture.

Keywords: food bar, banana flour, banana stick