

Soybean Flour and Moringa Leaf Flour in Making Crispy cookies as Snacks to Prevent Wasting

Ninis Lestiarini

Clinical Nutrition Study Program,
Department of Health

ABSTRACT

Wasting is an acute malnutrition condition that often occurs in toddlers. Wasting can be caused by lack of nutrition and infectious diseases that can cause metabolic syndrome resulting in drastic weight loss. One way to solve the wasting problem is to provide high-protein foods. This study aims to identify the characteristics of crispy cookies with the addition of soy flour and moringa leaf flour as a snack to prevent wasting. The research design used was Completely Randomized Design (CRD) with 6 formulations soybean flour:moringa leaf flour are 9: 1, 8: 2, 7: 3, 6: 4, 5: 5, and 4: 6 and repeated 4 times. The results showed that the higher the addition of soy flour, the higher the protein content in crispy cookies. The higher the addition of Moringa leaf flour, the crispy cookies texture is crispness. There is a significant difference ($\text{sig} \leq 0.05$) on the protein content and crispness. The best treatment in this study was P3 treatment (soy flour: Moringa leaf flour = 7: 3). The results of the organoleptic test for the best treatment for toddlers that 80% liked it and 20% didn't like it. Crispy cookies soy flour and Moringa leaf flour for ages 1-3 years can be given 6 pieces per day and ages 4-5 years are 14 pieces per day.

Keywords: Crispy cookies, moringa leaf flour, soybean flour, wasting