

Making *Muffins* Substitution of Soybeans Flour and Purple Sweet Potatoes Flour as Snacks for *Stunting* Toddlers

Siti Hoiriyah

Clinical Nutrition Study Program
Department of Health

ABSTRACT

Stunting (short) is a condition where a toddler has a body length or height that is not appropriate when compared to age. The prevalence of stunting in Indonesia has increased every year. Stunting can be caused by low intake of balanced nutritious food in toddlers, especially protein nutrients. Therefore, one of the efforts to overcome stunting is to provide additional nutritional intake in the form of snacks with sufficient nutrients. This study aims to determine the protein content and characteristics of muffins substituted with soybean flour and purple sweet potato flour as snacks for stunting toddlers. The experimental design used in this study was a completely randomized design (CRD) with 4 treatments with 6 repetitions, namely P1 (80%:20%), P2 (60%:40%), P3 (40%:60%), P4 (20%:80%). The analysis used is protein content, swellability and organoleptic. The results of the research on soybean flour muffins and purple sweet potato flour had a significant effect on protein content, hedonic quality parameters of color, taste, aroma, and texture as well as hedonic parameters of color, taste, and texture. There was no significant difference between the flower power and hedonic parameters of aroma ($P > 0.05$). The best treatment was P3 treatment with the addition of 40% soybean flour and 60% purple sweet potato flour which was liked by the panelists and liked by all panelists of toddlers. The recommended serving of muffins in one meal for toddlers aged 3-6 years is 1 piece (50 grams) with 130 kcal of energy, 7 grams of protein, 4 grams of fat, 35 grams of carbohydrates and 1.5 mg of zinc.

Keywords: *Stunting*, *Muffins*, Soybeans Flour, Purple Sweet Potatoes Flour