

***Semprit Cookies Moringa Leaf Flour and Mung Bean Flour to Prevent Anemia in Women of Childbearing Age***

**Nurun Qur'ani Al Istiqomah**  
*Clinical Nutrition Study Program,  
Department of Health*

***ABSTRACT***

*Anemia is a condition of reduced red blood cells (erythrocytes) in blood circulation or hemoglobin (Hb) mass so that they are unable to fulfill their function as oxygen carriers throughout the body. Iron intake is strongly associated with the incidence of anemia and lack of iron consumption can increase the likelihood of developing anemia. Prevention of anemia can be done by eating foods high in iron (Fe). One of the foods that are high in iron is Moringa. Nutrients that can help absorb iron are Vitamin C and protein. One of the foods that are high in protein is mung bean. The semprit cookies with the substitution of Moringa leaf flour and mung bean flour can be used as a snack to prevent anemia. This study aims to determine the characteristics of the semprit cookies with the substitution of Moringa leaf flour and mung bean flour as a snack to prevent anemia. This study used a completely randomized study design (CRD). The formulations of Moringa leaf flour and mung bean flour are P1 (4:16), P2 (5:15), P3 (6:14), P4 (7:13), P5 (8:12), and P6 (9:11) with 4 repetitions. The results of this study indicate that there is a significant difference ( $\text{sig} \geq 0.05$ ) on the iron and vitamin C content of the semprit cookies. The best treatment of this research is P2 (5:15, Moringa leaf flour : mung bean flour). Giving semprit cookies with substitution of Moringa leaf flour and mung bean flour as much as 16 pieces per day.*

*Keywords: Anemia, moringa leaf flour, mung bean flour, semprit cookies*