

# **PENGARUH PERBANDINGAN TEPUNG SPIRULINA (*Arthrospira platensis*) DAN TEPUNG BIJI CHIA (*Salvia hispanica*) TERHADAP MUTU *SOFT COOKIES* BERBASIS MILLET DAN MOCAF**

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## **ABSTRAK:**

*Soft cookies* merupakan jenis biskuit yang terbuat dari adonan lembut dengan kandungan lemak yang tinggi. Modifikasi *cookies* menjadi *soft cookies* membantu pengunyahan pada kelompok lanjut usia. Untuk memperkaya kandungan nutrisi pada *soft cookies*, terutama pada kandungan protein dan serat pangan, maka dilakukan fortifikasi dengan penambahan formulasi spirulina dan biji chia dengan beberapa rasio diantaranya taraf 1 (0:4), taraf 2 (1:3), taraf 3 (2:2), taraf 4 (3:1) dan taraf 5 (4:0). Data dianalisis secara statistik menggunakan uji ANOVA pada signifikansi  $\alpha=0,05$ . Apabila perlakuan memiliki signifikansi kurang dari  $\alpha=0,05$  maka dilanjutkan pengujian lebih lanjut dengan menggunakan DMRT. Kualitas *soft cookies* ditentukan berdasarkan uji fisik (tekstur), uji kimia (kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat, kadar serat pangan dan kadar serat kasar) dan uji organoleptik (uji hedonik dan uji mutu hedonik pada parameter warna, aroma, rasa dan tekstur). *Soft cookies* yang menghasilkan kualitas terbaik dalam penerimaan panelis yaitu pada taraf 1 (0:4) dengan warna coklat muda, tidak berbau anyir, rasa manis dan tekstur yang sedikit renyah di luar dan lembut di dalam, dengan nilai tekstur 6019,50 gf, kadar air 4,45%, kadar abu 2,76%, kadar protein 6,35%, kadar karbohidrat 59,27%, kadar serat pangan 9,87% dan kadar serat kasar 5,75%. Kata kunci: biji chia, manula, protein

## **ABSTRACT:**

*Soft cookies are biscuit made from soft dough with high fat content. Modification of cookies into soft cookies can help mastication in the elderly group. To enrich the nutritional content of soft cookies, fortification was carried out with the different ratio formulation of spirulina and chia seeds. The research was aimed to determine the best soft cookies quality with ratio formulation of spirulina and chia seed level 1 (0:4), level 2 (1:3), level 3 (2:2), level 4 (3:1) and level 5 (4:0). The data was analyzed statistically using the ANOVA test at significance  $\alpha=0,05$ . When the treatment has a significance of less than  $\alpha=0,05$  then further test was carried out using DMRT. The quality of soft cookies is determined based on physical test (texture), chemical test (water content, ash content, fat content, protein content, carbohydrate content, dietary content and crude content) and organoleptic test (hedonic test and hedonic quality on color, aroma, taste and texture parameter). Soft cookies which resulted in the best quality in panelist acceptance, namely at level 1 (0:4) with light brown color, no rancid aroma, sweet taste and texture. which is a bit crunchy on the outside and soft on the inside, with a texture value of 6019.50 gf, water content 4.45%, ash content 2.76%,*

*fat content 27.17%, protein content 6.35%, carbohydrate content 59, 27%, food fiber content 9.87% and crude fiber content 5.75%. Keyword: dietary fiber, elderly group, protein*