



## ABSTRACT

FACULTY OF HEALTH SCIENCE  
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**POTENTIAL OF FENUGREEK SEEDS (*Trigonella foenum-graecum* L) COOKIES WITH VARIATIONS OF RED BEANS (*Phaseolus vulgaris* L.) Flour and Whole Wheat (*Triticum aestivum* L.) FLOUR AS SNACK BREASTFEEDING COMPANION**

**V BAB, 70 , Pages, 69 Bibliography, 17 Tables, 8 Images, 9 Attachments**

**Background :** *Breastfeeding is one of the groups in the life cycle that requires attention. Red bean flour, whole wheat flour and fenugreek seeds can be processed into cookies and contribute to nursing mothers. Cookies are one kind of snack that the public interest.*

**Purpose :** *This study aims to determine the potential cookies based red bean flour, whole wheat flour and fenugreek seeds on the acceptability and nutritional value (proximate test) as a companion snack nursing mothers.*

**Method :** *This study was consists of four kinds of cookies formulations with different concentrations of red bean flour and whole wheat flour. The hedonic test done to see the acceptance of cookies on consumer panelists. Research the value of nutrients (proximate test) was conducted at the Laboratory of The Ministry of Industry Institute of Agro Industry. This study was conducted from April to July 2016. Data was descriptive analyzed.*

**Results :** *Based on the acceptance of products cookies A4 (was made from 50gr red bean flour, whole wheat flour 50gr and fenugreek seeds 2 grams) into a formula selected, most preferably with a percentage of 70.1%. The nutritional value of cookies A4: 480.4 kcal of energy per 100 grams, carbohydrate 63.8% per 100 grams, protein 12.81, 19.29% fat, 1.39 moisture content, ash content of 2.71%. Per serving contains 60 grams of 287 kcal, 7.6 g protein, 8.7 g fat, 35.9 g carbohydrate.*

**Conclusion:** *Cookies can be accepted by the panelists and are eligible to be used functional food as snack for breastfeeding mothers.*

Key Word : cookies, beans, wheat, fenugreek, breastfeeding mothers