

ABSTRACT

Name : Vernanda Alvionita Puspitasari
Program Study : Nutrition
Title : Making Free Gluten Cookies by Using Substitutes
Ingredients: MOCAF and Brown Rice Flour with Dates
Extract

This research is conducted to make free gluten cookies by using MOCAF and Brown Rice with Dates extract as the based ingredients and find out the energy acceptability and nutrition value of the cookies. The objective of this research generally is general community and the specifically is people with the autism and celiac disease. The sampling technique used is purposive sampling and the type of panelist is untrained panelist on the preliminary analysis and rather trained panelist on the primary analysis. The preliminary analysis is conducted to determine the addition of dates extract and the result is the addition of 25% dates extract is the most preferred. In the research, the organoleptic test is conducted by assessing the hedonic and its quality and taking a treatment with the best energy acceptability based on the mean level. In the primary analysis, every parameters of the assessment is done by using Kruskal Wallis statistical test because it has unusual distribution data. There is significant differentiation of color, fragrance, texture, and crunch parameters among the flour handlings (P value $< \alpha=0,05$). The main result of the analysis is acquired that cookies made by 50% MOCAF flour and 50% brown rice flour is the most preferred. The value of chemical analysis of the most preferred product is 5,12% protein, 11,85% fat, 79,2% carbohydrate, 3,09% dietary fiber, 123 mg potassium and 29,5 mg Cal with 2,65% water content and 1,20% ash content.

Key words: Autism, Brown Rice Flour, Celiac Disease, Cookies, Calcium, Potassium, Dates, Dates Extract, Dietary Fiber, Free-Gluten, MOCAF flour.