

ABSTRACT

High maize yields make a lot of corn hair waste. Corn hair is rich in phenols and flavonoids, compounds that can lower blood sugar levels and produce insulin. But usually corn hair only becomes waste which has no selling value. In addition, the high number of diabetes and high cholesterol patients in Indonesia has made the author interested in using corn hair waste as an ingredient in making healthy cookies for diabetics and high cholesterol.

Cookies made from flour, sugar and several types of oil or fat, in this study, flour, sugar and fat were substituted with ingredients that were lower in calories and were healthy and safe for diabetics and high cholesterol. This study used an experimental method to find the right recipe formulation and organoleptic test. Blend the dried corn silk into flour, and add as much as 30% to substitute the flour. The consumer acceptance test based on taste, aroma, texture, color, physical appearance, shows that this product can be accepted by consumers with a positive rating of 286.7%, and a negative rating of 213.3%.

Keyword: Innovation, corn hair, cookies, diabetes, high cholesterol