

ABSTRACT

This study was motivated by pancakes that contain high levels of calories and contain a lot of sugar that can not be consumed by diabetics. This study discusses the innovation of lemongrass and soy milk as flavor enhancers in pancake products with other raw material enhancers such as sugar (low calorie). Therefore, the author wants to provide healthy pancake innovations based on lemongrass and soy milk but does not eliminate the content contained in lemongrass and soy milk itself so that people and diabetics can enjoy pancakes without having to worry about the sugar content contained in pancakes. The purpose of this study was to find healthy pancake recipes based on lemongrass and soy milk by frying methods and using corn sugar instead of cane sugar. Pancakes themselves can be enjoyed anytime and anywhere, the main ingredients are flour, eggs, milk and sugar, pancakes can also be combined with various toppings such as honey, ice cream or fruits. The method that researchers will use in this study is experimental and conduct consumer acceptable power test by organoleptic test to 46 consumers by spreading kusioner. The results showed the appropriate recipe formulation for lemongrass-based pancakes and soy milk was to use 200gr of lemongrass and 100ml of soy milk. Consumer acceptability test with a value scale of 3-5 is quite like until very like. So healthy pancakes based on lemongrass and soy milk are acceptable to consumers.

Keywords: Lemongrass, Pancakes, Soy Milk.