

## **ABSTRACT**

---

This research discusses dates which are a substitute for sugar as a sweetener from mud cakes, the background of this research is, in Indonesia, in general, commercial mud cake products often use sugar which contains calories which, if consumed in excess and not in accordance with the body's needs, will cause a lot. once a bad impact on health, such as weight gain, increasing the risk of developing diabetes & high blood pressure and accelerating the experience of senile problems and premature aging. In this study, the authors will also discuss the formulation of a date-based mud cake recipe as a substitute for sugar and product acceptability for health. The method used in this research is experimental and conducts consumer acceptance tests by means of organoleptic tests to 30 consumers by distributing questionnaires. The results of this study were to determine the recipe formulation of date-based mud cakes and health acceptability.

*Keywords: Mud Cake, dates , health*