

ABSTRACT

This research discuss about alternative ingredients for Healthy Cookies based on soybean flour, avocado, and chia seed as substitute of wheat flour, butter, and eggs. The research was motivated by the commonness of the society in the use of soybeans, avocados, and chia seed as a substitute material that has many nutrients and limited variety of snacks for people with obesity, cholesterol, diabetes, arthritis, and autism. The purpose of this research is to find out the formulation of healthy cookies recipe and knowing consumer acceptance. The research method used is the Research & Development (R&D) and quantitative. The product will pass through an organoleptic test to determine the consumer's acceptance for healthy cookies in terms of taste, aroma, color, texture, and appearance who's conducted by 50 panelists, followed by filling out questionnaires. The panelists will give a scores on scale of 1-5. The results of the research showed that the product with an ingredient ratio of 50:50 for avocado, 60:40 for chia seed, and 70:30 for soybean flour produced the best product. It can be concluded that the majority of consumers give positive assessment results for the five aspects, including 84% for both of color and aroma, 86% for taste, 57% for texture, and 92% for cookies physical appearance. This product can be a reference for those who's on the Gluten Free Casein Free (GFCF) diet, a program to reduce the consumption of gluten and casein, which are usually found in wheat and animal fat. Although identified as a special diet for people with autism, this diet can also recommended for vegetarians and those who want to reduce consumption of wheat and dairy products for health reasons but still want to have cookies as a snack.

Keywords: Cookies, Substitute, Soybean, Avocado, Chia