

**PENGARUH PENAMBAHAN TEPUNG BIJI
ALPUKAT TERHADAP KARAKTERISTIK
COOKIES MOCAF (*Modified Cassava Flour*)
DAN TEPUNG KEDELAI**

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PENGARUH PENAMBAHAN TEPUNG BIJI ALPUKAT TERHADAP KARAKTERISTIK COOKIES MOCAF (*Modified Cassava Flour*) DAN TEPUNG KEDELAI

Rena Marni, Diana Silvy, Rini

ABSTRAK

Penelitian ini bertujuan untuk mempelajari pengaruh penambahan tepung biji alpukat terhadap karakteristik *cookies* mocaf dan tepung kedelai yang dihasilkan. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 ulangan. Perlakuan dalam penelitian ini yaitu A(penambahan tepung biji alpukat 0%), B(penambahan tepung biji alpukat 2%), C(penambahan tepung biji alpukat 4%), D(penambahan tepung biji alpukat 6%), E(penambahan tepung biji alpukat 8%), dan setiap perlakuan ditambahkan mocaf 20% dan tepung kedelai 80%. Analisis data dilakukan dengan *Analysis of variance* (ANOVA) dan dilanjutkan dengan *Duncan's New Multiple Range Test* (DMNRT) pada taraf 5%. Hasil penelitian menunjukkan penambahan tepung biji alpukat berpengaruh nyata terhadap kadar air, kadar abu, kadar protein, kadar lemak, aktivitas antioksidan, kekerasan, organoleptik warna dan rasa, berpengaruh tidak nyata pada kadar karbohidrat, kadar serat kasar, organoleptik aroma dan tekstur terhadap *cookies*. Perlakuan terbaik yaitu perlakuan B yaitu penambahan tepung biji alpukat 2% dengan nilai organoleptik warna (3,68), aroma (3,56), rasa (3,72), tekstur (3,84) yang memiliki kandungan kadar air (4,66%), kadar abu (3,31%), kadar protein (13,53%), kadar lemak (26,50%), kadar karbohidrat (52,01%), kadar serat kasar (3,59%), aktivitas antioksidan (24,41%), dan kekerasan (28,94 N/cm²).

Kata kunci: *Cookies*, Tepung Biji Alpukat, Aktivitas Antioksidan

THE EFFECT OF ADDING AVOCADO SEED FLOUR ON THE CHARACTERISTIC COOKIES OF MOCAF (Modified Cassava Flour) AND SOYBEAN FLOUR

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ABSTRACT

The aim of this research was determine the effect of adding avocado seed flour on the characteristic cookies of mocaf and soybean flour produced. This study used a completely randomized design (CRD) with 5 treatments and 3 replications. The treatments in this study were A (addition of 0% avocado seed flour), B (addition of 2% avocado seed flour), C (addition of 4% avocado seed flour), D (addition of 6% avocado seed flour), E (addition of E% avocado seed flour) and each treatment was added 20% mocaf and 80% soybean flour. The research data were statistically analyzed by Analysis of Variance (ANOVA) and continued with Duncan's New Multiple Range Test (DNMRT) at the 5% level. The results showed that the addition of avocado seed flour significantly affected the water content, ash content, protein content, fat content, antioxidant activity, hardness by texture analyzer, organoleptic of terms color and taste, non-significant effect of carbohydrates content, crude fiber content, organoleptic of terms aroma and texture of cookies. The best treatment of cookies was B (addition of 2% avocado seed flour) with organoleptic of color 3,68 (normal), aroma 3,56 (normal), taste 3,72 (normal), texture 3,84 (normal) which has water content (4,66%), ash content (3,31%), protein content (13,53%), fat content (26,50%), carbohydrates content (52,01%), crude fiber content (3,59%), antioxidant activity (24,41%), hardness (28,94 N/cm²).

Keywords: Cookies, Avocado Seed Flour, Antioxidant Activity