{Abstract} HIGH FIBER SNACK BAR USING OKARA AND SWEET POTATO FLOUR

By: Rachmayani N¹, Rahayu WP¹,², Faridah DN¹,², Syamsir E¹,²

1) Department of Food Science and Technology, IPB University, Bogor, Indonesia. 2) Southeast Asia Food and Agricultural Science and Technology Center, IPB University, Bogor, Indonesia,

Abstract: Unbalanced dietary consumption, lack of dietary fiber intake and low physical activity could lead to excessive nutrients resulting in obesity. This research aims to create high-fiber snack food in the form of snack bar made from pulp of tofu flour (okara), purple sweet potato flour, and cornstarch. The experimental design was a complete factorial randomized design with two variables and two replications. Two variables tested were the ratio between purple sweet potato flour and cornstarch of 1:1 and 1:2 (w/w), and the addition okara of 20, 25, and 30%. As a control, a snack bar was made from wheat flour. The analysis performed include sensory and physicochemical analysis. The recommended high-fiber healthy snack bar was the snack bar made from 20% okara, with a ratio of purple sweet potato flour to cornstarch of 1:2 (w/w). This snack bar had a sensory score of 4.31 on the overall attribute which means neutral. The anthocyanin level of the cookies was 1.97 mg/100 g (db) and dietary fiber level was 13.87% (db), therefore they can be categorized as high fiber okara food according to the head of BPOM regulation number HK 03.1.23.11.11.09909 year 2011.

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