

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Gluten-free and high-protein cookies utilizing soybean flour as a substitute for wheat flour offer several nutritional benefits while maintaining characteristics similar to traditional cookies. Soybean flour, rich in protein, combined with high-fiber oat flour, makes these cookies a healthier snack option. The use of canola oil as a substitute for butter provides beneficial fats that are good for health. Research shows that these cookies do not differ significantly from regular cookies in terms of taste, aroma, and appearance. However, there is a difference in texture, with these cookies being more fragile and less crispy compared to traditional cookies. This is due to the absence of gluten in gluten-free cookies.

Overall, despite the slight difference in texture, gluten-free and high-protein cookies made with soybean flour and oat flour still offer a delicious and healthy snacking experience.

5.2 Suggestion

Further research and development are recommended to improve the texture and overall quality of gluten-free cookies. To optimize the production process and achieve a crispier and firmer texture, alternative processing methods or techniques should be explored. For example, adding binding agents such as xanthan gum to replace the role of gluten in providing compactness and crispiness. Further research is also recommended to study the optimal shelf life of soybean cookies.