

CHAPTER 1

INTRODUCTION

I.I Background

Originally called "little cakes," cookies are made with sweet dough or batter, baked in single-sized servings and eaten out-of-hand. Perfect for snacking or as dessert. The word cookie originally came from the Dutch *keokje*, meaning "little cake." In addition, the Dutch first popularized cookies in the United States. The British took a liking to them in the 19th century, incorporating them into their daily tea service and calling them biscuits or sweet buns, as they do in Scotland (Anonymous, 2017).

Many people in Indonesia know this fruit but they are not aware about the benefits that you can get by consuming this fruit. This fruit is very popular but most of Indonesian eat snake fruit as a fruit or "asinan and manisan". Salak fruit consist of nutrition just like Protein, Beta-Carotene, Vitamin-C, and Thiamine Dietary fiber, Iron, Calcium, Phosphorus and Carbohydrates which are great for overall health. Salak or Snake Fruit contains lots of Beta-Carotene which is a powerful antioxidant and works well to prevent cardiovascular disease, strokes, and even cancer. Plus it contains 5 times more Beta-Carotene than that found in watermelon, mangos, and 3 times more than found in guava (Anonymous, 2017).

Many Indonesian love to consume cookies and snake fruit because that facts we produce snake fruit cookies, so people can enjoy two of them only by consuming one product, so they can eat cookies and get the benefits from snake fruit as well.

1.2 Objective

1. Presenting a healthy cookies called Snake Fruit (Salak) Cookies.
2. We would like to give a new cookies variants, with snake fruit as the main ingredient.