

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Gluten-free cookies made from dates and cashews are a favorite for those with gluten sensitivities, celiac disease, or those looking for a healthier snack option. The product contains natural, nutrient-rich ingredients such as dates, cashews, pumpkin seeds, rice flour, and cornstarch, resulting in a snack that is not only gluten-free but also rich in fiber, healthy fats, and essential minerals. The use of dates provides natural sweetness and binding properties, while cashews provide protein and texture, creating a balanced and functional food product. These ingredients are in line with current consumer trends toward healthier, less processed foods. The selling price for these cookies is Rp 45.000. The total recommended consumption per serving is around 3 pcs cookies with a total of 80 calories.

5.2 Suggestion

To improve product quality, future improvements should focus on adjusting the fat content to improve texture and crispiness. Using alternative natural fats or adjusting baking temperature and time can help achieve a more pleasant mouthfeel. Further sensory testing may be conducted in the future to refine the formulation based on panelist feedback. In addition, for better shelf life, natural preservatives can also be considered so that the product can last and be preserved for a longer time.