

CHAPTER I INTRODUCTION

1.1 BACKGROUND OF THE STUDY

The reason why I decided to make gluten free pumpkin seeds cookies is because not everyone can eat cookies that have gluten in them and also many people who like to eat cookies but are afraid that the content in the cookies can make them fat and have a bad effect on their bodies so I added pumpkin seeds in it because pumpkin seeds have many benefits for our health. There are several healthy benefits of pumpkin seeds such as High in Antioxidants, Reduced risk of Certain Cancers, Improve Prostate and Bladder Health, Very High Magnesium, Improve Heart Health, High in Fiber, Help Improve Sleep. Mocaflour is a flour made from cassava or cassava which is modified by using microbial fermentation techniques. Mocaflour has characteristics that are good enough to substitute or replace 100% use of wheat flour.

People who have Celiac disease cannot eat gluten, so I made these cookies so that people who have celiac disease can still eat cookies with a delicious taste and of course have so many healthy benefits. Not only that, I also want to introduce that healthy cookies are delicious, not all cookies made from healthy ingredients are not delicious.

Nutrition and Health Benefits:

1. High in Antioxidant
2. Good for your digestive system
3. Helps in Overcoming Headaches
4. Prevents Cancer
5. Treats Diarrhea
6. Good For Eyes
7. Help Treat Rheumatic Disease
8. Strengthens Immunity

9. Boost Energy and Improves Brain Function
10. Very high in Magnesium
11. High in Fiber
12. Help Improve Sleep
13. Reduced Risk of Certain Cancers

Characteristic of Hekies the cookies is using a pumpkin seeds and cassava flour , the smells of cassava flour is disgusting but if you cook it the right way, it will produce food with good taste. Hekies have crunchy and smooth texture the cookies melt in your mouth.

1.2 THE OBJECTIVES OF THE STUDY

- a) Identify the correct way to process pumpkin seeds, Indonesia is also a country with the 7th largest producer of pumpkin seeds in the world, therefore I want to develop a way to make existing pumpkin seeds into delicious food because so far people only know pumpkin seeds are just a snack whose name is kwaci.
- b) Indonesia is the 6th most producing country in the world so I want to develop a way to process this cassava so that people who have thought that cassava is just an ordinary food and how to process it are only boiled or fried. I made this cassava that can be used as a basic ingredient for making cookies and it is proven that cookies made from cassava flour are no less delicious than flour with gluten.
- c) Make cookies that are not only delicious but also healthy.
- d) Learn to count the nutrients in food.

1.3 THE BENEFITS OF THE STUDY

- a) Can learn about food innovations that have never existed or have never been made
- b) You can get to know more about various kinds of food ingredients that people rarely use to make food
- c) Using our creativity to create new foods