

## **EXECUTIVE SUMMARY**

Dates seed cookies are processed cookies that I make with date seeds which are made into flour, and these cookies are very low in calories because I use transfat free margarine, mocaf flour, and also sweetener using stevia. so these cookies are very good for us. why would i want to make this food? because i see outside a lot of unhealthy cookies so i want to make this for people who want to eat cookies without thinking that they will eat a lot of sugar and high calories.

Keyword : dates, mocaf flour, cookies