

# CHAPTER 1

## INTRODUCTION

### 1.1 BACKGROUND OF THE STUDY

In generally, Cookies are a type of biscuits made from wheat flour. In addition, cookies are one of the most popular types of snack by all groups, such as: children, teenagers and the elderly. Cookies It has a delicious taste and crunchy texture. Average consumption of pastries (including cookies) is quite high in Indonesia, 2011-2015 has the average consumption development is about 24.22% higher than The average consumption of wet cakes is only 17.78%. Cookies can be consumed at any time and are often called as a snack or snack. Lotus (*Nymphaea nelumbo*) not only has beautiful flowers, but it is also rich in benefits as an alternative source of food. Residents of Banjar in South Kalimantan use lotus seeds that are old and dry to be processed into flour (Kausar, 2020). Just like other types of grains, lotus seeds also have important health benefits. Besides being delicious, lotus seeds are believed to be useful for supporting the health of the human body because of the content in it. Some of the benefits of lotus seeds for health such as *treat insomnia, Good for Diabetics, cure diarrhea, Lowering Blood Pressure, Treating canker sores and ulcers, and etc.* Gluten free foods refer to products that do not contain gluten, which is a type of protein group found in grains (Andre K, 2020).

Gluten is the compound that makes flour dough rise and stick. Examples of foods that contain gluten are products made from wheat, barley, barley, and rye. Celiac sufferers are one who cannot eat gluten. If they eat foods such as bread, pasta, noodles, and cakes that contain gluten, their immune system will revolt. The result is symptoms such as *abdominal pain, diarrhea, skin rashes, and anemia.* There are also people who do not have celiac disease but are gluten sensitive. Although the symptoms are not as severe as those with celiac, they can still feel uncomfortable after eating certain foods, such as suffering from bloating, itching, and stomach pain. Furthermore, researchers also found

another form of gluten intolerance, namely non-celiac gluten. People who suffer from this condition generally experience similar symptoms, but no intestinal disturbances. For that, people who are sensitive to gluten should adopt a gluten free diet, which is a diet that aims to treat celiac disease. Thus, its cookie is made from lotus seed flour with claim the healthy cookies.

## **1.2 THE OBJECTIVE OF THE STUDY**

1. This product development aims to be a source of knowledge for the community that there are still delicious and healthy cookies that do not need to contain gluten.
2. Knowledge in using lotus flower seed flour as cookies.
3. This study can make student more creative.