

# CHAPTER 1

## INTRODUCTION

### 1.1 BACKGROUND OF THE STORY

Cookies are derived from flour that does not contain high protein that is processed and baked until hard accompanied by supporting ingredients using ingredients raw materials such as sugar, butter, wheat flour, and eggs. Cookies have a crispy texture on the outside and soft on the inside. Cookies are included in the type of pastries which does not require high protein so that lotus root flour can be used for replacing wheat flour as an alternative basic ingredient in making cookies.

Avocado is a fruit that has good fat content to increase good cholesterol levels. Avocado has a fat content that varies from 4 (four) to 5 (five) percent depending on the variety, age of fruit, planting technique, and location of growth (Kali in Ariani, 2000). The nutritional and energy value of avocado is quite high and contains a lot of vitamin A, vitamin B, vitamin E, and minerals. Avocado plant (*Persea americana* mill) is a plant originating from the highlands of Central America and has many varieties spread throughout the world. Now avocado plants are widely cultivated in South America and Central America as monoculture plantation crops and as garden plants in other tropical regions of the world. Avocado has an uneven soft skin that is dark green to brownish purple, depending on the variety. Avocado flesh is light green near the skin and light yellow near the seeds, with a soft texture. Avocados are widely consumed in a variety of foods and beverages, such as juice, mixed ice, fruit ice, salads, and others. In making cookies among vegans and people who are on a diet or reduce the use of butter, avocado is widely used as a substitute for butter in the manufacture of cookies, although the resulting texture is not crunchy like cookies in general. Avocado flesh contains tannins which when cooked at high temperatures will turn bitter

(Small,2009).

The lotus root (*Nelumbo nucifera* Gaertn) is a perennial belonging to the lily family. The main component of lotus root is carbohydrate, which is rich in vegetable fiber. It stimulates internal activity and lowers cholesterol levels in the body acts as a distraction. Also, white lotus root has a sweet and astringent taste. Lotus root contains a lot of fiber, potassium, calcium and vitamins but does not contain gluten. Lotus root can be consumed in various ways such as steamed, fried, sauteed. The products of lotus root such as fresh, salted and boiled rhizomes, lotus root starch, drinks, teas, and lotus seeds are very popular in the daily diet because of its richness in nutrients including starch, proteins, vitamins, and mineral substances.

Almond flour is particularly rich in vitamin E, a group of fat-soluble compounds that act as antioxidants in your body. Almond flour is low in carbs yet high in healthy fats and fiber. Almond flour is both wheat-free and gluten-free, making it a great alternative for baking for those who cannot tolerate wheat or gluten.

Lotus root is a raw material that is rarely used in the field of baking pastry. Therefore, cookies are made with a combination of avocado and lotus root flour which has a unique taste and is rarely found in Indonesia. The sweet taste of avocado mixed with the distinctive taste of lotus root makes this product a snack that is liked by all people, especially those who are also allergic or on a gluten diet. Lotus root flour in cookies because it has many health benefits for our bodies. There are several healthy benefits of lotus root such as Improve Blood Circulation, Rich in Vitamin C and Vitamin A, Help Improve Digestion, Maintain Heart Health, Help Regulate Blood Pressure, Boosts Immunity.

## **1.2 THE OBJECTIVES OF THE STUDY**

1. Identify the correct way to process cookies to make it longer
2. Get to know how to pack the right cookies
3. Identify how to increase the selling value
4. Identify specific market for the product
5. Make cookies that are not only delicious but also healthy