

CHAPTER I

INTRODUCTION

1.1 Background of Study

Complementary food is a form of healthy food intended for toddlers starting at the age of 6 months. One type of complementary food is Cookies. Cookies are foods that have a variety of shapes, the texture of which is soft, crunchy, and when broken it looks like it is less solid. Cookies, are made from wheat flour so they contain lots of carbohydrates. For this reason, a breakthrough is needed by using composite flour as a substitute for wheat. Efforts to reduce the use of wheat in baby cookies products are based on the high risk factors for gluten intolerance, especially for children with autism.

Based on this, it is necessary to make efforts to reduce the amount of flour dependence carried out in Indonesia with one alternative, namely utilizing local food ingredients such as tubers as a substitute material to reduce the use of wheat, especially in biscuit processing. One type of tuber that can be used is purple sweet potato as an effort to increase sweet potato consumption through a variety of attractive and nutritious products.

Purple sweet potatoes also contain dietary fiber in the form of soluble and insoluble fiber which can absorb excess fat/cholesterol in the blood (Kurniasari et al., 2021). These nutritional components support the use of purple sweet potato as a food diversification to reduce dependence on wheat. In addition, this purple sweet potato has antioxidants which cause a purple color that is quite intense in the flesh of the potato, so it attracts a lot of people's attention (Fatimatuzahro et al., 2019). Purple sweet potato contains nutrients in 100 g of wet weight, namely carbohydrates (19.61%), protein (1.03%), fat (0.32%) ash content (0.01%) and water content (78.86%) (Yaningsih et al., 2012).

However, sweet potato is still underutilized by the community during the harvest season. Purple sweet potato needs to be further processed into flour. It is intended that the shelf life is longer and can be used as a basic ingredient for cookies (Karomatul et al, 2019).

Furthermore, purple sweet potato flour is added to substitute the use of wheat flour as cookies ingredient. The benefits of purple sweet potato make the cookies contain lots of vitamin, gluten-free and healthier for toddler.

1.2 Objective of The Study

The Objectives of this study are following bellow:

1. In order to increase gluten-free food product, the study aims to create gluten-free cookies from purple sweet potato for complementary food.
2. The substitute of wheat flour to purple sweet potato flour might increase public to acceptance.
3. To become a worldwide market, gluten-free purple sweet potato cookies can be a new alternative product as a complementary food.