

ABSTRAK

Inovasi Cookies Mocaf Berprotein Hewani Dari Ikan Teri Nasi (*Stelophorus Sp*) Dan Tepung Daun Kelor (*Moringa Oleifera*) Untuk Mencegah Stunting.

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Cookies merupakan makanan camilan yang disukai anak-anak dan masyarakat luas. Penambahan tepung ikan teri nasi (*Stolephorus sp*) bertujuan untuk meningkatkan nilai gizi cookies terutama protein hewani dan kalsium, sementara tepung daun kelor (*Moringa oleifera*) menambah mikronutrien seperti zat besi guna mencegah stunting. Penggunaan tepung mocaf sebagai pengganti tepung terigu memberikan alternatif bebas gluten dengan kandungan karbohidrat tinggi. Tujuan penelitian ini adalah untuk mengetahui formulasi tepung mocaf, tepung ikan teri nasi, dan tepung daun kelor pada cookies, menganalisis kandungan gizi, serta uji organoleptik untuk pencegahan stunting pada anak. Metode penelitian yang digunakan yaitu eksperimen laboratorium menggunakan Rancangan Acak Lengkap (RAL) terdiri dari 6 perlakuan yaitu T0K1 (kontrol), T1K1 (teri 10g), T2K1 (teri 20g), T3K1 (teri 30g), T4K1 (teri 40%g), dan T5K1 (teri 50g) dengan rasio daun kelor tetap 10g. Hasil penelitian menunjukkan bahwa penambahan tepung ikan teri nasi dan tepung daun kelor berpengaruh nyata ($P < 0,05$) terhadap karakteristik cookies pada uji kadar air, kadar abu, kadar protein, kadar lemak, karbohidrat, kalsium, dan zat besi, serta uji organoleptik (warna, aroma, tekstur, rasa, keseluruhan). Perlakuan T2K1 merupakan formulasi terbaik dengan nilai hedonik keseluruhan 4,52 (sangat suka), kadar air 4%, kadar abu 4,1%, kadar protein 9,6%, kadar lemak 20,7%, karbohidrat 61,3%, kalsium 0,25%, dan zat besi 30,8%, sehingga berpotensi sebagai pangan fungsional pencegah stunting dengan meningkatkan asupan protein hewani dan mikronutrien esensial pada balita.

Kata Kunci: Cookies Mocaf, Daun Kelor, Ikan Teri Nasi, Stunting

ABSTRACT

*The Innovation of Mocaf-Based Cookies with Anchovy (*Stolephorus* sp.) and Moringa Leaf (*Moringa oleifera*) Flour for Stunting Prevention*

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Cookies are widely consumed snacks, particularly favored by children. Incorporating anchovy flour (*Stolephorus* sp.) enhances the nutritional value of cookies by increasing animal protein and calcium content, while moringa leaf flour (*Moringa oleifera*) contributes essential micronutrients such as iron, which are crucial in preventing stunting. Mocaf (modified cassava flour) is used as a gluten-free alternative to wheat flour, providing a carbohydrate-rich base. This research aimed to formulate cookies using mocaf flour, anchovy flour, and moringa leaf flour, analyze their nutritional composition, and assess their organoleptic properties in the context of stunting prevention in children. The research employed an experimental laboratory method with a Completely Randomized Design (CRD), consisting of six treatments: T0K1 (control), T1K1 (10 g anchovy), T2K1 (20 g anchovy), T3K1 (30 g anchovy), T4K1 (40 g anchovy), and T5K1 (50 g anchovy), with a fixed addition of 10 g moringa leaves. Results revealed that the inclusion of anchovy and moringa leaf flour had a significant effect ($P < 0.05$) on cookie characteristics, including moisture, ash, protein, fat, carbohydrate, calcium, and iron content, as well as sensory attributes (color, aroma, texture, taste, and overall acceptability). Among the formulations, T2K1 demonstrated the most favorable outcomes, achieving an overall hedonic score of 4.52 ("liked very much"), with 4% moisture, 4.1% ash, 9.6% protein, 20.7% fat, 61.3% carbohydrates, 0.25% calcium, and 30.8% iron. These findings indicated that mocaf-based cookies enriched with anchovy and moringa have strong potential as functional foods to support stunting prevention through improved intake of animal protein and essential micronutrients in toddlers.

Keywords: *Mocaf cookies, moringa leaf flour, anchovy flour, functional food, stunting prevention*