

ABSTRACT

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UTILIZATION OF “*RAJA BULU*” BANANA PEELS FLOUR IN THE MAKING OF WHEAT FLAKES

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Bananas have many health benefits, however the consumption of bananas will leave organic waste which are banana peels. Flakes are food products with cereals as raw materials, in the form of thin sheets and brownish yellow and could be eaten with or without milk. The objective of this research were to determine the effect of ratio of wheat flour and banana peels flour, as well as the steaming process on flakes characteristics. The production of flakes by utilizing banana peels flour was done with concentration ratio of wheat flour and banana peels flour of 1:0, 1:1, 2:1, and 3:1. From panelists' acceptance and its physical and chemical characteristics, flakes with concentration ratio of wheat flour and banana peels flour 2:1 was chosen as the best ratio based on color, aroma, taste, texture, and overall acceptance (with score of 5 out of 7-point-hedonic scale) with hardness of 1303.328 ± 72.22 g, moisture content of $5.70 \pm 0.23\%$, fat content of $8.39 \pm 0.37\%$, protein content of $9.77 \pm 0.05\%$, ash content of 4.92 ± 0.14 , carbohydrate content of $71.19 \pm 0.01\%$. It also has the highest dietary fiber of $24.64 \pm 0.18\%$. The dietary fiber content of flakes with the substitution of banana peels flour as main ingredient with wheat flour has the potential to provide functional food effect based on the dietary fiber content.

Keywords: banana peels flour, “*Raja bulu*” banana, flakes, dietary fiber

References: 67 (2000-2020)