

Development and Evaluation of Instant Cookie Mix from Banana Peel and Malunggay

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Abstract

This study was conducted to utilize banana peel and malunggay in the development of an instant cookie mix. Using a multi-commodity heat pump dryer, the banana peel and malunggay were dehydrated for 15 and 5 hours, respectively. The ingredients were then powdered and mixed with other ingredients: flour, sugar, flaxseed, baking soda, and butter. Each tablespoon of batter was molded into a flat round shape then baked at 375°F for 18 minutes. One pack of the instant cookie mix (262 grams) was found to have 288 kcal, 3.5 grams protein, 10.53 grams fat, 45.6 grams carbohydrates, 75 mg of calcium, 44 mg phosphorus, 1.5 mg iron, 86 µg vitamin A, 0.04 mg thiamine, 0.06 mg riboflavin, 1.8 mg niacin, and 8 mg vitamin C. The product was generally liked by all levels (elementary, high school, and college). The cookie mix is stored inside a grip seal bag stand-up pouch with aluminum foil, which will last approximately one month. The raw cost of one pack is PhP35.98 or PhP2.99 per cookie. The selling price of one pack is PhP57.57, cheaper compared to other cookie mixes. The utilization of banana peel and malunggay for vegan cookie mix exhibits innovation in food technology.

Keywords: *instant cookie mix, banana peel, malunggay*