

## Abstract

Inadequate dietary fiber intake remains a major problem in Indonesia. Inulin is a fiber with potent health benefit and provide a natural source of dietary fiber. Adding this type of fiber to cookies, especially for making high fiber foods, is getting a lot of attention to be evaluated. Consequently, the objectives of this study is mainly to develop high fiber cookies with the addition of 10%, 20% and 30% of inulin concentration. Proximate analysis (total calorie, ash, moisture, carbohydrate, total fat and protein), dietary fiber content and hedonic sensorial assessment were performed to investigate the nutrition content of cookies. Physically there were no difference in every inulin concentration. Cookies with 10% concentration of inulin found to be the most preferable due to the “perfect sweet taste” compared to the control and “not plain” as the 20% and 30% concentration. The dietary fiber content increased in line with the increasing concentration of added inulin. Compared to Recommended Dietary Allowance (Acuan Label Gizi) definition of “high in fiber” (20g cookies/serving size provided 2g of fiber), all the cookies formulation were fulfilled its requirements to be one.

**Keyword:** *Cookies, inulin, fiber*