

# BANANA OAT SPORT COOKIES AS AN ALTERNATIVE DIET FOR SPORTS

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## ABSTRACT

Bananas are one of the non-timber forest products (NTFPs) which are currently a leading commodity. The high nutritional content and taste make bananas one of the people's daily fruit needs. One of the industries that has developed various processed banana products and has partnered with UNY in several learning activities on campus as a teaching practitioner and product development collaboration is CV.Chariza Khansa Pratama with the Banania Brand. Banania focuses on producing banana chips, granola, banana flour and banana cakes using selected ingredients and guaranteed quality to guarantee quality and healthy products. It was founded in 2019 and is located in Yogyakarta. CV Cariza Khansa Pratama's vision is: to become a leading producer in Indonesia as well as a producer of healthy food, leading solutions and leading food innovation in products, a solid export scale and having a social impact.

Downstreaming collaborative research between Universities and Banania Industrial Partners through activities: 1) Diversifying processed bananas in the form of: sports cookies made from oats and bananas; 2) Improving product performance through product packaging and labeling; 3) Introduction of cookie printing machine technology to increase production; 4) Designing a downstream business model for banana oat sport cookies products. This product development was carried out to increase the quality and quantity of processed banana production to meet community needs.

The results of this research are: 1) Formulation of sports cookies with a ratio of ingredients: banana flour; oats; palm sugar; margarine; and whey protein respectively are: 200; 50; 100: 200; 100. 2) Improving the performance of high calorie, high protein and potassium banana oat sport cookies products made from oats and bananas is carried out through packaging and labeling. Product packaging uses aluminum foil. 3) Industrial scale production trials were carried out in the Banania industry involving students as well as internship activities in the industry. 4) The banana oat sport cookies business design is carried out using the Business Model Canvas (BMC) with 9 elements that describe how the banana oat sport cookies business can make a profit

Kata Kunci: *Banana, Oat, Sport Cookies, Snack Food, Athlete*