

ABSTRACT

The Effect Of Honey Addition on Antioxidant Activities of Green Tea And Black Tea

Literature Review

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Green tea and black tea are one of the most famous beverages in the world. Derived from the *Camillea sinensis* plant, tea is reported to have high antioxidant activity mainly due to the high content of flavonoids such as catechins and their derivatives. Tea is usually consumed with sweeteners, including honey. Honey becomes a natural sweetener with complex ingredients. Divided into monofloral and multifloral honey based on flower nectar sources. Rich in sugars and polyphenols, honey is known as an antioxidant and antibacterial. The addition of honey to providing aroma and taste, can also affect the antioxidant activity of tea. Assays for antioxidant activity of this mixture can be done using the spectrophotometric method-DPPH, FRAP, ORAC and CUPRAC. In this literature study, it was found that the addition of honey can increase or decrease the antioxidant activity of tea. From several publications studied, the addition of honey increased (2.15 - 22.76%) antioxidant activity of green tea and increased (13.28 – 50 %) in black tea.

Keywords : Green tea, black tea, honey, antioxidant activity