

## **Making Herbal Drinks Dipped in Salak Bark Powder and Red Ginger as a Functional Food Sources of Antioxidants**

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### **ABSTRACT**

Antioxidants are essential for the body to overcome and prevent oxidative stress. Oxidative stress also plays an important role in the pathophysiology of aging and various degenerative diseases. This study aims to develop functional food products as a source of antioxidants in the form of herbal drinks dipped in snake fruit skin powder and red ginger. The experimental design used was a Completely Randomized Design (CRD). Determination of the formulation of herbal drinks with a ratio (Snake fruit skin: Red ginger) namely P1 (1:9), P2 (3:7), P3 (5:5), P4 (7:3), P5 (9:1) and was repeated five times. Based on the results of the study, it showed a significant difference ( $P < 0.05$ ) in the antioxidant activity of herbal drinks in each treatment with the highest activity in P5 (9:1) which was 43.56% and the lowest antioxidant activity in P1 (1:9) which was 27.5%. Based on the results of the organoleptic test, the color produced was more dominant in the characteristics of chocolate and the panelists preferred the treatment that had the characteristics of brown color. In the aroma parameter, the treatment preferred by the panelists was P1 because it has a characteristic of a rather strong spicy aroma. In the taste parameter, the panelists preferred P1 because it has a characteristic of a strong spicy ginger taste and a weak astringent salak taste. The best treatment of herbal drinks was P5 based on the effectiveness index test. The results of the proximate test of herbal drinks with the best treatment had a fat content of 1.43%, Protein 2.96%, carbohydrates 6.20% and antioxidant activity 43.56%. The characteristics of the best treatment had a yellowish brown color with a rather strong spicy and astringent taste and had a rather strong ginger aroma.

**Keywords:** Antioxidants, Herbal Drinks, Red Ginger, Salak Skin