DEVELOPMENT OF GREEN TEA INCORPORATED INSTANT HERBAL PORRIDGE MIXTURE

A dissertation submitted to the
Faculty of Animal Science and Export Agriculture
Uva Wellassa University
In partial fulfillment of the requirements for the award of
Bachelor of Science in Tea Technology and Value Addition

By
MUNASINGHE APPUHAMILLAGE UPEKSHA PRATHIBHANI MUNASINGHE

Tea Technology and Value Addition Degree Programme
Faculty of Animal Science and Export Agriculture
Uva Wellassa University of Sri Lanka
2014

ABSTRACT

Studies were conducted to develop green tea incorporated instant herbal porridge mixture by using green tea powder, Heen bovitiya (*Osbeckia octandra*), Curry leaves (*Murraya koenigi*), Red rice *(Orvza sativa L.)*.and soya beans. Green leaf materials of *O. octandra and M. koenigi* were steam blanched for 2 minutes time period to obtain naturally acceptable color for instant herbal porridge. Four hours presoaked red rice and boiled soya beans were oven dried separately at 80 °C. Dried Green leaves and Soya beans were powdered separately by using grinder and sieved through a sieve to obtain fine particles for instant herbal porridge. By applying different green tea combinations product was developed according to Ayurvedic formula. Sensory evaluation was conducted to select best combination for color, taste, aroma, texture and overall acceptability. Finally, proximate anlaysis and microbial analysis were conducted for the selected product. Moisture content was obtained as 5.0955%, while remaining 2.1% of protein, 10% of crude fat, 0.6% of crude fiber, 0.4% of Ash. Total Polyphenol content of the product was indicated as 573mg GAE/g.

Key words: Green tea[1], Functional food[2], Herbal[3], Instant porridge[4]