

KARAKTERISASI TEH HERBAL DARI DAUN PISANG (*Musa paradisiaca*) DAN KULIT KAYU MANIS (*Cinnamomum burmannii*)

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui karakteristik teh herbal dari bubuk daun pisang dan bubuk kulit kayu manis dan juga untuk mengetahui formulasi terbaik berdasarkan karakteristik kimia dan organoleptik teh herbal. Penelitian ini menggunakan metode Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 kali ulangan. Perlakuan dalam penelitian ini adalah perbandingan campuran bubuk daun pisang dan bubuk kulit kayu manis (100%:0%), (95%:5%), (90%:10%), (85%:15%), dan (80%:20%). Data yang diperoleh dianalisis secara statistik dengan ANOVA (*Analysis of Variance*) dan jika berbeda nyata dilanjutkan dengan uji DNMR (*Duncan's New Multiple Range Test*) pada taraf 5%. Hasil penelitian menunjukkan bahwa tingkat pencampuran kulit kayu manis berpengaruh nyata terhadap aktivitas antioksidan, total polifenol, angka lempeng total, organoleptik (warna), organoleptik (aroma), organoleptik (rasa) dan tidak berbeda nyata terhadap kadar air dan kadar abu. Hasil terbaik diperoleh pada perlakuan D (pencampuran 85%:15%) dengan kadar air 6,49%, kadar abu 7,09%, aktivitas antioksidan DPPH 55,37%, total polifenol 121,54 mg GAE/g, angka lempeng total $1,78 \times 10^3$, organoleptik warna 3,70 (suka), organoleptik aroma 3,57 (suka), dan organoleptik rasa 3,50 (suka).

Kata kunci: antioksidan; daun pisang; kulit kayu manis; teh herbal

CHARACTERIZATION OF HERBAL TEA FROM BANANA LEAVES (*Musa paradisiaca*) AND CINNAMON BARK (*Cinnamomum burmannii*)

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ABSTRACT

This study aims to determine the characteristics of herbal tea made from banana leaf powder and cinnamon bark powder and the best formulation based on the chemical and organoleptic characteristics of herbal tea. This study used a completely randomized design with 5 treatments and 3 replicates. The treatments in this study were comparisons of mixtures of banana leaf powder and cinnamon bark powder (100%:0%), (95%:5%), (90%:10%), (85%:15%), and (80%:20%). The data obtained were statistically analyzed using ANOVA (*Analysis of Variance*), and if significant differences were found, they were further analyzed using DNMRT (*Duncan's Multiple Range Test*) at the 5% level. The results showed that cinnamon bark significantly affected antioxidant activity, total polyphenols, total plate count numbers, organoleptic (color), organoleptic (aroma), and organoleptic (taste), but did not significantly affect moisture content and ash content. The best results were obtained in treatment D (85%:15% mixture) with moisture content of 6.49%, ash content of 7.09%, DPPH antioxidant activity of 55.37%, total polyphenols of 121.54 mg GAE/g, total plate count of 1.78×10^3 , organoleptic color 3.70 (liked), organoleptic aroma 3.57 (liked), and organoleptic taste 3.50 (liked).

Key word: antioxidant; banana leaves; cinnamon bark; herbal tea