

FRIENDLY ALTERNATIVE HEALTHY DRINKS THROUGH THE USE OF DATE SEEDS AS COFFEE POWDER

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Abstract

Dates (Arabic:*Tamar*, Latin:*Phoenix dactylifera*) is a native fruit from the Middle East and North Africa. This legendary fruit is very famous through around the hemisphere to get to the archipelago of Indonesia and has been cultivated since the Mesopotamia. Fruit plants, including palms (*Areaceae*) has a distinctive sweet taste. Typically, the fruit is consumed as a dessert or snack even more so in the Holy Month of Ramadan. In addition to consumption of meat, it turns out the seeds can also be utilized. Date seeds are 10% of date palm fruit, has no flavour and a bit bitter, and also has no scent. Generally, the colour of Monocotyledonae dates seeds is light brown and dark brown. Dates seeds contain carbohydrate, protein, and fat. Dates seeds also contain many minerals, such as sodium (Na), potassium (K), magnesium (Mg), calcium (Ca), ferum or iron (Fe), manganese (Mn), zinc (Zn), cuprum (Cu), nickel (Ni), cobalt (Co) and cadmium (Cd). Ions are most plentiful mineral in the seeds of dates, namely potassium (K), magnesium (Mg), and sodium (Na). In addition to the nutrient content, date stones believed to health, such as: heartburn cure diseases, improve the immune system from free radical attack, and contain vitamins and fibre which is needed for the digestion of food. For main processing, first of all (1) preparing; (2) drying; (3) roasting, (4) grinding, and (5) filtering. After the date seeds powder are ready, then we are able to mix it with warm ginger water, Indonesian herb drink. The combination of dates seeds and ginger give alternative health drink with low cost and friendly environment with less negative impact. Besides, these drink also able to be mixed with honey and/or milk to enrich the flavour. This paper provides an idea for modern people to consume health drink from popular fruit and herb.

Keywords: Dates seeds, Coffee powder, Healthy drinks.