

ABSTRACT

Indonesian people began to be aware of a healthy lifestyle from the food consumed by paying attention to the ingredients used, so the author has an idea. The author innovated to make flourless sponge cake by using matcha powder as an additional ingredient. Matcha powder comes from green tea leaves that undergo a drying and evaporation process then finely ground. Green tea leaves themselves have many benefits such as losing weight, preventing diabetes, improving sleep quality, as an antioxidant, anti-stress, and so on. The processing of green tea leaves into matcha powder does not reduce the benefits of the content in it. This study used an experimental quantitative approach. Experimental research is defined as a full-fledged quantitative research approach, meaning that it meets the requirements to test causal relationships. The author uses experimental research methods. Experimental research is the most powerful method for finding causation. Research conducted by providing treatment to subjects in the form of strategies, methods, techniques. The results of the research that the author did were innovative flourless sponge cake by using matcha powder as an additional ingredient. From the results of the research that the author did produced a recipe formulation of flourless sponge cake with matcha powder as an additional ingredient, and produced healthier cake products for consumption as an alternative to healthy food.

Keywords: Flourless Sponge Cake, Matcha Powder, Green Tea Leaves