

## Antioxidant Activity of the Algerian Traditional Kefir Supernatant

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**Abstract :** Kefir is fermented milk that is produced by adding Kefir grains, consisting of bacteria and yeasts, to milk. The aim of this study was to investigate the antioxidant activity of the kefir supernatant and the raw milk. The Antioxidant activity assays of kefir supernatant and raw milk were evaluated by assessing the DPPH radical-scavenging activity. Kefir supernatant demonstrated high antioxidant activity (87.75%) compared to the raw milk (70.59 %). These results suggest that the Algerian kefir has interesting antioxidant activity.

**Keywords :** antioxidant activity, kefir, kefir supernatant, raw milk

**Conference Title :** ICBFE 2015 : International Conference on Bioprocessing and Food Engineering

**Conference Location :** Paris, France

**Conference Dates :** April 27-28, 2015