

6 incredible nutritional benefits of 'coffee waste'

How many of you coffee-lovers are familiar with the term 'coffee grounds' and 'coffee silverskin'. Not many, so let us give you some nutritious insight on these amazing by-products of coffee. Picture: Gallo Images

How many of you coffee-lovers are familiar with the term 'coffee grounds' and 'coffee silverskin'. Not many, so let us give you some nutritious insight on these amazing by-products of coffee.

Yes, you guessed it right 'coffee grounds' and 'coffee silverskin' has something to do with coffee.



Traditionally it was assumed that coffee by-products - coffee grounds and coffee silverskin, have very few practical uses and applications.

However a research team from University of Granada (Spain) led by Jose Angel Rufian Henaresat has found out that there is MORE to them than just a handful of uses.

Here are the potential ways you can use the coffee by-products:

- 1) Spent coffee grounds can be used as homemade skin exfoliants or as abrasive cleaning products.
- 2) They are also known to make great composting agents for fertilizing certain plants.
- 3) Coffee grounds and silverskin are highly rich in fibre and phenols and has powerful antioxidant and antimicrobial properties.
- 4) The antioxidant effects of coffee grounds are 500 times greater than those found in vitamin C and could be employed to create functional foods with significant health benefits.
- 5) They also contain high levels of melanoidins, which are produced during the roasting process and give coffee its brown colour. The biological properties of these melanoidins could be harnessed for a range of practical

applications, such as preventing harmful pathogens from growing in food products

6) Processed coffee by-products could potentially be recycled as sources of new food ingredients. This would also greatly diminish the environmental impact of discarded coffee by-products.

Published by Times of India