

## **Characterization of antioxidant properties of selected medicinal plants available in Sri Lanka and development of ready to use rice based herbal foods**

Novel rice based food items were produced that having a higher nutritional value due to enrichment of the products with herbs such as 'Hathawariya', 'Karapincha' and 'Iramusu'. 100% rice flour cookie and 70% rice flour cracker have been developed adding the above herbs powder mixture. It is very important to have food items that rich with higher antioxidant values, such as above herbs, for body function.