

❖ **NEW HEALTHY AND SUSTAINABLE FOOD PRODUCTS AND PROCESSES**

Possibilities to improve the functionality of fermented beverages based on bee honey

Anna COVALI

Technical University of Moldova, Chisinau, Republic of Moldova

Abstract

Fermented drinks based on honey bees are among the oldest products consumed worldwide. In recent years, especially after the COVID pandemic, consumers are looking for "miracle" foods and drinks to maintain or improve their health. Currently, honey represents one of the imperial products of the Republic of Moldova. The beekeeping sector is dynamic, and the marketing of beekeeping products is quite difficult. The prospect of producing drinks with bee honey offers an effective way to diversify the range of healthy drinks. This review highlights the functional potential of alcoholic and non-alcoholic beverages fermented from bee honey in terms of nutritional and chemical profile that have a positive impact on human health, given their natural provenance and rich in mineral and pro/prebiotic compounds. The health benefits of bee-based beverages resulting from alcoholic fermentation and the specific recommended daily intakes of each claimed bioactive compound were also highlighted. Optimized fermentation processes and post-fermentation operations, reviewed in an industrial scale, can extend the shelf life and quality of honey-fermented beverages.