

# MAGALOG



## MY BLUE TEA IS A COMPANY BASED IN AUSTRALIA OFFERING UNIQUE SUPERFOODS & SUPER SPICE BLENDS.

"I'm true vibrant blue because nature, in its unruly variety, has made me so and, bathed in my colour blue, I bring you wellness in body, mind and spirit." – Clitoria Ternatea









## ABOUT MBT

My Blue Tea is a company based in Australia that offers unique superfoods and super spice blends that are natural and plant based.

Our launch products include the Blue Butterfly Tea Powder and the Butterfly Pea Flower Tea, made from Butterfly Blue Pea Flowers, scientifically referred to as Clitoria Ternatea. These flowers were used as an aged old and ayurvedic and Traditional Chinese Medicine (TCM) way to maintain health and overall wellness. Lee, the founder of My Blue Tea, grew up in Malaysia with Butterfly Pea flowers as most houses have a plant in their garden. The roots, leaves, flowers and even the seeds of Clitoria Ternatea have been known

for their traditional medicinal uses, especially the roots, that stretches back in time. In Ayurveda Indian medicine, it is known as a cure for sexual ailments and used as an aphrodisiac, laxative and diuretic, as a brain tonic to promote intellect and improve memory, to treat bronchitis, asthma, pulmonary tuberculosis, fever, skin diseases like leucoderma, eye infections and is even reported as a cure for ulcers.

#### Taste of Blue Tea:

The tea has an amazing intense blue colour and thick brew looking like blue ink; perfect and safe as a natural food colouring. Flavour is not distinguished and has an all-natural earth taste.

#### Mission

- To bring Asian flavours to the world at large where it is quite challenging to grow in certain climate
- Where it is quite challenging to grow in certain climate
- Playing a part in sustainable Planting and empowering women
- My Blue Tea is part of a farm-to-consumer business where work with local communities at a
  grassroots level. We have invested in time, built a factory and most of all, invested in people.
  This is how we play our part in working towards achieving sustainable agriculture while giving
  these farmers the opportunity to provide a dignified future for themselves and their families.
- By purchasing our products, you are supporting our sustainability program and empowering these women with training and jobs, ensuring food security for the next generation.

## TABLE OF CONTENTS

Cover

History of Blue

04 Artificial Colouring05 Coconut series

06 Special Feature - Coconut Shake

**7** Pandanus

08 Pandan Recipes

Spice Pantry with Spargo Mills and My Blue Tea

Spice Recipes

11 Exotic Latte Powder range

12 Looking for you

## **HISTORY OF BLUE**

» Where did it all began?

## KUEH PULUT TAI TAI (STEAMED CAKE)

Pulut Tai Tai recipe is chosen to reflect one of the first usage of Butterfly Pea flowers or affectionately known as Bunga Telang in Malaysia from the early days of the Straits Chinese settlement.





#### NASI KERABU

Butterfly Pea Rice is a traditional dish observed from the 16th century. - "It is a dish born of the land and sea – you can taste fish and field in every mouthful. The dish is among the traditional foods of the Kelantanese Peranakans – Chinese immigrants who arrived in the 15th century and who married local women and together spawned a unique, localised way of life and cuisine."

The ethnic Hokkien men would have married women of Thai origin living in Kelantan at the time – which explains why Kelantanese Peranakan food has a strong Thai influence. \*Source: https://www.thestar.com.my/.../09/16/kelantan-nasi-kerabu/

Kueh Pulut Tai Tai & Nasi Kerabu recipes are available online – www.mybluetea.com.au/blog

## MODERN TWIST TOTHE POWER OF BLUE

So moving forward in time we now have the modern twist to the use of Butterfly Pea Flowers, remembering that apart from its natural health benefits it provides the only natural blue colouring (apart from the sky) that is healthy and safe for consumption. As varied as the day is long you can now find it used in such applications as;



BUBBLE TEA



HEALTHY ALKALIN



BLUE GIN / VODKA /



MAGICAL COLOUR CHANGING TEA



BLUE SOURDOUGH



BLUE VELVET CUPCAKES



Blue Gelato, Donna, owner of Blue Cow Gelato demonstrating how to make Blue Smoothie and Jessie enjoying an all natural Blue Butterfly Gelato (no artificial colours) by Blue Cow Gelato, Port Macquarie

Blue Gelato

Your Body, Your Soul, Your Life "Consumers are much more aware of the health credentials of the food they're eating, and are willing to pay extra for organic, natural produce because they feel it's better for their health and wellbeing," says Lanae Scobie, director of natural skincare brand Harvest Garden.

If that was not enough we also now have an area of none food applications for this very sought after natural Blue Butterfly Pea flowers & Blue Butterfly Pew powders;





Artisan Blue Butterfly, Bath bombs & Blue Butterfly facial mask – "All of the good, none of the bad"

2

## ARTIFICIAL COLOURING

» an article from Top Healthy Life

### "M&M'S CANDIES ARE LINKED TO CANCER, MIGRAINES. HYPERACTIVITY, ALLERGIES, ANXIETY, & MORE"

#### The Hidden Health Risks of Food Dyes -How bad is Red 40 and those other synthetic dyes?

Americans are now eating five times as much food dye as they did in 1955. That statistic isn't as surprising when you consider that since then food dyes have made more and more inroads into our foods colour — from breakfast cereals to ice creams. While natural colourants made from foods like beets are available, many manufacturers opt for synthetic dyes — which may have dangerous health consequences, particularly for children, according to a recent report from the Centre for Science in the Public Interest. This is why the non-profit Washington, D.C.-based consumer watchdog has asked the US Food and Drug Administration to ban them. Such man-made food dyes appear in ingredient lists as a name of a colour with a number following it: Blue 1 and 2, Citrus Red 2, Green 3, Red 3 and 40, Yellow 5 and 6.

The three most widely used culprits—Yellow 5, Yellow 6 and Red 40—contain compounds, including benzidine and 4-aminobiphenyl, that research has linked to cancer.

Research has also associated food dyes with problems in children including allergies, hyperactivity, learning impairment, irritability, and aggressiveness. A U.S. study published in Science found that when children who scored high on a scale measuring hyperactivity consumed a food-dye blend they performed worse on tests that measured their ability to recall images than when they drank a placebo. A 2007 British study found that children who consumed a mixture of common synthetic dyes displayed hyperactive behaviour within an hour of consumption. (These children had not been diagnosed with ADD or ADHD.) The results, published in The Lancet, prompted Britain's Food Standards Agency to encourage manufacturers to find alternatives to food dyes.

ealthvlife.com/mms-candies-are-linked-to-cancer-migraines-hyperactivity-

https://www.reuters.com/article/us-france-bees/blue-and-green-honey-makes-french beekeepers-see-red-idUSBRE8930MQ20121005

https://news.nationalgeographic.com/news/2012/10/pictures/121011-blue-honey-honeybees





CHART OF ARTIFICIAL COLOUR

BEES PRODUCED GREEN HONEY AFTER CONSUMING M&MS



**Building roads** whilst planting **Bamboos** and various crops for vour future in Sarawak, your food bowl in the Borneo rainforest. Bamboo grows anywhere, creates jobs. Replaces oil, coal and wood



Blue Smoothie bow Recipe go to website www.mybluetea.com.au/blog

#### **Bamboo and Sustainability -**Bamboo4U

The humble bamboo is our protagonist in our sustainability efforts. For centuries, bamboo has a part of the daily life of rural and tribal populations. It is an intrinsic part of their culture, traditions, social and economic requirements. Symbolically, bamboo is synonymous with consistency and integrity as it grows straight and upright. It is green every season and is often considered to be a good luck charm and is believed to bestow youth, flexibility and love.

Apart from these beautiful connotations, there is a bigger and more important reason why we love bamboo. My Blue Tea and DOKU Bio-tech (our manufacturing arm) are cultivating bamboo to make our delicious Bamboo Tea because the ingredients are grown exclusively in Borneo. This empowers local communities and helps boost the rural

#### **Bamboo Beauty**

In practising sustainability and waste reduction. My Blue Tea uses bamboo leaves to make our Bamboo Infusion

Tea which contains silica. Silica can help promote healthy hair, skin and nails. It is vital for the formation of collagen, the human body's most abundant protein. Modern processing methods can remove this naturally occurring mineral in food so drinking a cup or two of My Blue Tea's Bamboo Infusion Tea daily will help restore silica into the body.

A beautiful addition to a beauty regime, this tea is also light and delicious as it is infused with fragrant Pandan and Calamansi peel (another example of waste reduction).

## **COCONUT SERIES:**

Together with our partner SPI, their Industry Dehydrated Coconut Milk (DCM) is made using only raw products from premium grade coconut sources. The DCM is curated using only the latest innovation to extract its natural and delicious flavours. An advanced formulation process is used in the DCM to ensure its uncompromising

The DCM has been innovated to create superb consistency and stability, resulting in natural delicious creaminess. It also tested through stringent, hygienic processing to ensure its utmost quality and safety.

COCONUT SERIES + MATCHA

COCONUT LATTE

The advantages of the DCM is that it can be conveniently stored at room temperature at any time or anywhere. It has a long and stable shelf life for easy usage and offers minimal wastage

Lightweight and packed in small size to ensure its freshness and no wastage, and this makes the DCM a truly cost-saving product.

The DCM is ideal for both Asian and Western cuisines and for Coconut lovers. It is convenient and can be used in savoury cooking, rice, beverages, smoothies and desserts.





- Coconut Smoothies
- Matcha Coconut Latte
- Almond Coconut Latte
- Coconut Shake (to add)
- Nasi Lemak Premix / Fragrant Coconut Rice (with coconut milk powder)
- "This has to be the best loved Asian dish of all time; it's considered the national dish of Malay and although traditionally served for breakfast, you'll find it available at any time of the day. There are tons of variations but essential to Nasi Lemak is the heap of fragrant coconut and Pandan-scented rice, a large spoonful of sambal ikan bilis, toasted peanuts, a hard-boiled egg and slices or chunks of cucumber. From there, you might get a serve of curry, rendang or fried chicken on the side - there are endless possibilities, depending on the vendor." - Luke Nguyen, Luke Nguyen Street Food Asia









We used Nasi Lemak Premix Powder to create Indonesian Nasi Uduk & Nasi Gurih, it worked perfectly

#### Nasi Uduk recipe: Ingredients:

- 1 pack Nasi Lemak Premix
- 1 tspn Pandan powder
- 1 stalk lemongrass
- 2-3 slices ginger
- 2-3 slices galangal
- 1/2 tspn coriander powder
- 2-2.5 cups of Basmati rice

##Put everything into rice cooker and cook. Serve & enjoy.

Pandan Green Goddess Smoothie:

#### Ingredients:

Cooling down with a green goddess smoothie

- Half a cucumber
- A handful Spinach
- 1 cup Mango
- 1 Apple
- 1 pack Spargo Mills Coconut milk powder
- 1 cup Passionfruit
- 1 teaspoon @mv.blue.tea Pandan Leaf powder . ##Chuck everything in your blender and blitz until smooth ##Serve in a nice jar and garnish with fresh fruits and edible flowers of your choice

## **COCONUT SHAKE**

» Special Feature - Coconut Shake Powder



The Original Coconut Shake in Melaka, Malaysia. It is certainly a drink that you must try... apparently! If you can't travel we now bring you Coconut Shake to Australia and Worldwide's to your doorstep.

A Coconut shake consists of fresh coconut flesh and its juice, a healthy dollop of ice-cream and then blended up with a lot of ice. And with LuvEat we have

#### **Ingredients:**

- 30g-50g Coconut Shake powder
- 150 ml water
- 150g-200g ice (to your requirement)
- ## Blend to oblivious and serve
- A dollop of any ice cream to Top it off - (your choice is optional) and its heavenly\*

#### **Applications:**

- Café/Restaurants
- **Bubble Tea**
- **Bakeries**
- Gelato shops
- Food & drink lovers
- You create

## **COCONUT SHAKE** WITH ANYTHING

» Add anything to your delight or fancy and here are some inspirations:



## PANDAN BOBA COCONUT SHAKE

#### **Ingredients:**

- 30g-50g Coconut Shake powder (as desired)
- 120 ml water
- 150g-200g ice (to your requirement)
- 10g Pandan Powder ## Blend to oblivion ## Serve with Boba & Coconut meat (or anything to your fancy)



## TEH TARIK COCONUT SHAKE

#### **Ingredients:**

- 30g-50g Coconut Shake powder (as desired)
- 120 ml water
- 150g-200g ice (to your requirement)
- 1 packet Teh Tarik (add hotwater to dilute and pulled to oblivion)

## Blend to your heart's delight ## Serve as is or with Arnotts



## COCONUT SHAKE WITH ESPRESSO / OR DRIP

#### Ingredients:

- 30g-50g Coconut Shake powder (as desired)
- 120 ml water
- 150g-200g ice (to your requirement)
- 2 shots Espresso (if you need your caffeine



### BLUEY COCONUT

#### **Ingredients:**

- 30g-50g Coconut Shake powder (as desired)
- 120 ml water
- 150g-200g ice (to your requirement)
- 1tbsp Blueberries (or as desired)
- 5g or 1tspn Blue
- Butterfly Pea powder ## Blend to oblivion ## Serve with dried blueberries and sprinkle Butterfly Pea powder for more antioxidants

## **PANDANUS**

» Pandanus amaryllifolius

Pandan to overtake avocado and matcha as the hot new food trend, according to Domestic Goddess Nigella Lawson

a Pand(an)emic coming your way!

"KEEP your PANDAN on, there's a new food trend" as Nigella Lawson pronounced it to be true and she's the Domestic Goddess, so she must receive her information from on high. We can now expect everything from chicken to ice-cream to be flavoured with this South East Asian plant.

Natural flavour and colour (chlorophyll) with phytonutrients that's laced with high antioxidants including amino acid (glutamic acid, aspartic acid, threonine), protein, fibre, calcium, iron, potassium, sodium, vitamin C, essential oils, tocopherol and carotenoid.

My Blue Tea Pandanus products are extracted without the use of any colorants, fillers, diluting agents or preservatives. They contain NO chemicals, are sodiumfree and non GMO. Suitable for Vegetarians and Vegan, it is gluten free and lactose free.





PANDAN KUEH LAPIS BY SRI, MEDAN INDONESIA

NIGELLA LAWSON, THE DOMESTIC GODDESS IS THIS YEAR'S MY KITCHEN RULES 2022 AUSTRALIA JUDGE.

#### PHOTOS OF PANDAN IN VARIOUS APPLICATIONS:-



PANDAN COCKTAIL



PANDAN SKINCARE



PANDAN BEER



PANDAN SOAP

## **RECIPE:**

» Pandan chiffon cake recipe by Melya Suryanto, Brisbane - on website blog.

In April 2017, CNN named the Pandan Chiffon Cake Singapore's national cake and how that has grown. From our experience the most cooked and baked food during the pandemic period were "Pandan Chiffon Cake and Pandan Kaya/Pandan Coconut spread". Hence the "PANDAN-emic" overtook Australia at least in our experience. Pandan Powder were flying off the shelves from many Asian grocers and online. And it sold out during the Melbourne Cake Bake & Sweets Show 2022. If you are not on the PANDAN-emic trail, you should jump on it NOW!!





#### PANDAN PROTEIN BALLS

- 3 cups dessicated coconut
- Pure maple syrup, to taste (Optional Coconut Milk powder)
- 2 tbsp Pandan Powder
- 1 tbsp almond nuts/macadamia
- 1 tspn sesame seeds (optional roll the Pandan balls)
- Blend the dessicated coconut until it becomes a thick semi solid paste. This is your coconut butter. It can take up to 20 mins.
- Pout out the semi-liquid butter and mix in maple - to your desired sweetness.
- Add in Pandan Leaf powder. Mix it all together.

You can also roll them in more

- Roll mixture into bite-sized balls with the palm of your hands.
- dessicated coconut or sesame seeds (optional)
- Place in the fridge for 10 mins before serving. Optional – you can use Blue Butterfly or Dragonfruit powder to create colourful Protein balls.

Recipe by Stacy Lumwan, Brisbane

Colourful Protein balls photo is contributed Candy, Sydney

**Note:** As well as having a beautiful tropical flavour, Pandan has long been used in Ayurvedic medicine to treat a range of health conditions. This is because it's high in Iron, Vitamin A and fibre, so it's also a great immune booster



PANDAN GELATO BY MOOED.AU

### PANDAN CHOC CHIPS ICE CREAM Ingredients:

- 2 packs Spargo Mills Coconut milk powder diluted in some water
- 300ml Double cream/ thickened cream
- 3-4 tsp @my.blue.tea Pandan Powder 1/2 tsp Vanilla extract
- (optional) ½ cup Choc Chips (optional)

#### 3 steps:

- 1. Put all ingredients into a mixer (hand or stand mixer is fine).
- 2. Mix until soft peak with ribbons.
- 3. Insert into container using spatula ( don't waste any bit!) and wait for 6
- hours in the freezer. 4. This recipe yield about 500ml -600ml (maybe more) Pandan ice

## cream. Enjoy



#### NOTE (1) You can also marinate chicken drumsticks with both Pandan Powder and Meat Curry Base Powder and let it rests overnight..

#### PANDAN CHICKEN CURRY ngredients:

#### 1.0 kg chicken

- drumsticks
- 1 pack Spargo Mills Meat Curry base powder
- 1 pack Spargo Mills
- 1 tbspn @my.blue. tea PANDAN Powder
- 2 brown onions, peeled and quartered (optional but recommended))
- 6 cloves garlic, peeled (optional)
- 2 stalks lemongrass (optional)
  - 1-inch knob ginger (optional)

- 1/2 cup oil (or as required)
- 2 stalks curry leaves
- 2 tspn soy sauce
- » 3 potatoes (cut bite size) 6.

#### Method:

- Coat chicken drumsticks with Meat Curry base powder
- 2. Combine onions, garlic & ginger in a food processor; blend. (optional)
- Transfer into a saucepan and fry until most of the moisture has evaporated.

- 4. Add oil, and cook further until lightly browned.
- 5. Add chicken and sear.
- Add all other ingredients, cover and simmer until chicken is cooked through (about 15 minutes), stirring occasionally.
- Remove from heat; serve hot with Pandan Nasi Lemak

## SPICE PANTRY WITH SPARGO MILLS AND MY BLUE TEA



We are delighted to be partnering with Spargo Mills, providing solutions with value-added services. We are dedicated to customising and catering to a variety of food recipes to satisfy our business partners.

The spice bases are created using all-natural, premium grade herbs and spices without any added MSG, artificial preservatives and colouring.

Each pack of curry spice bases is specially formulated with dehydrated pure, natural herbs and spices without any added fillers.

This results in the high efficacy of products which achieves maximum cooking yield with lower cost. At the same time, the usage of raw ingredients is minimized for better food cost management and stable margin control.

SPI spice products can be customised to cater to each taste profile and palate preference. Contact us now. - www. mybluetea.com.au

The original spice bases are very flexible and can be used to create an almost endless variety of delicious recipes, simply by adding on minimum fresh ingredients. What's more, the long shelf life and easy, light storage of our products minimize wastage. Our lightweight, high efficacy products are convenient and viable for cost-effective shipping and travel, anywhere!

#### **Spice blends includes:**

- Rendang powder
- Meat Curry base
- Spiced Fried Chicken
- Satay Marinade powder
- Satay Sauce powder
- Sambal Tumis (Chilli Paste) powder
- Assam Pedas / Sour & Spicy Spice base
- More spicy blends are in the pipeline or tell us your wishes.

9

## **SPICE RECIPES**

Rendang Leg of Lamb, Kaffir Lime & Turmeric spiced Basmati Rice with Honey & Cumin Yoghurt by Dr Janice Thean, Melbourne:-



- 1 Leg of lamb marinated with Rendang base Powder
- 1 pack Rendang powder
- 1 pack DCM Coconut Milk powder
- 2-3 sprigs of rosemary (for flavour or to garnish)

- 1/2 tspn Kaffir Lime Leaf Powder
- 1 tspn Turmeric powder
- 2.5 cups rice
- 1/2 cup raisins (to garnish)
- fried shallots (to garnish)

#### Method:

- First make the Rendang past into paste with 1 packet and 1 pack Coconut Milk Powder
- Marinate the leg of lamb best overnight
- Cooked 160C to an internal temp of 70C medium
- Cooked basmati rice rice by adding turmeric and Kaffir Lime Leaf powder and a pinch of salt – cook
- Once ready, garnish with raisins and fried shallots. Enjoy

## SATAY CAULIFLOWER (Vegan)

#### Recipe:

- \* 1 whole head of cauliflower (break into florets if you wish for it to cook easier)
- \* 25 grams Satay Powder mixed with
- \* 40 grams sugar and

Ingredients A:

Salt

pieces)

rings)

1 packet of spaghetti

1 pot of water

Ingredients B:

1 big onion (sliced)

4-5 cloves of garlic

(chopped in small

and deveined)

20g @MyBlueTea

powder (can put

Sambal Tumis

250g prawns (shelled

I tube of squid (cut in

more if prefer spicier)

- \* ½ packed enough coconut milk powder to
- \* Cooked for 45 mins / 60% humidity in @ gaggenauofficial combi steam oven. Enjoy.





Satay Sauce Noodles

Recipe on website blog Recipe contributed by Amazing Grace, Melbourne



Seafood Pasta with Sambal Tumis

200g passata

preference)

Sugar (own

Salt (own

Black

preference)

preference)

pepper (own

preference)

1 tablespoon

of lemon juice

Spring onions

for garnishing

sauce

Cooling

oil (own

## Method:

- Boil a pot of water and put the spaghetti into the boiling water. Add a few punches of salt like how you cook spaghetti normally.
- When spaghetti is just cooked, drain all water and wash with running cold water to flush away the starch.
- Heat up the frying pan, add in cooking oil. Insert sliced onions and chopped onion. Sauté until golden in colour.
- Add in prawns and squid, fry until they are cooked.
- Add sambal tumis powder, add 2 tablespoons of hot water. Sauté until the paste is boiling.
- Add in passata sauce, salt, sugar and pepper for taste.
  - Insert the cooked spaghetti into the mixture. Fry until spaghetti is equally coated in sauce. Sprinkle some spring onions as garnish before



Spiced Fried Karaage Chicken BY IMELIA, JAKARTA

#### **Ingredients A:**

- 500 grams skin-on chicken thighs cubed
- 1 tbspn sake
- 1/2 pack Spiced Fried Chicken Powder
- (Ayam Goreng Berempah Powder)
- 1 tspn sugar
- 2 tbsp soy sauce
- 1 tbsp ginger, grated
- 1 clove garlic, minced
- 1/2 egg, beaten
- 1/3 cup potato starch (40 g)
- Cooking oil, for frying ##Mixed everything and than coat it in the potato starch to deep fry.

##Set aside to cool and serve.

#### COME CHAT WITH US TO SEE WHAT YOU CAN DO WITH OUR SPI SPICE POWDERS....

## » EXOTIC LATTE POWDER RANGE

#### YES to DURIAN

- Known as the King of the Fruits now available in Durian Powder - a mix of Musang King & D24!
- And so is her little sister, Jackfruit Latte.
- Trending are Pandan Latte and Purple Sweet Potato Latte, affectionally known as Ube Latte. Latte blend has sweetness and milk added.

#### Applications :

**Bubble Tea companies** Cafes/ Restaurants Food Trucks Bakeries Everyone

### » RECIPE:

**Durian Espresso Latte** 



DURIAN LATTE





PURPLE SWEET POTATO LATTE.



#### Various LATTE Powder range and drinks inspiration:

Videos and recipes are available on MyBlueTea website TV and YouTube.





ALMOND COCONUT CHOC LATTE WITH BUTTERFLY PEA WHIPPED CREAM



MATCHA COCONUT ESPRESSO LATTE



BUTTERFLY PEA WITH DRAGONFRUIT LATTE

MyBlueTea together with our business partners are looking to expand our presence in the following locally and globally:

#### **Distribution:**

Distributors Stockists

#### Food & drink Industries:

Bars & Clubs
Bubble Tea companies
Cafes/ Restaurants/Food Trucks
Bakeries
Supermarkets or Convenience Stores
Gelato shops
Health Food Stores
Food Caterers
Airlines
Hotels
"Or simply you tell us"

## None-food industries:

Health & Beauty Organic cleaning supply manufacturer







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