

**CULINARY INNOVATION AND NEW PRODUCT  
DEVELOPMENT REPORT**

**INNOVATION OF COMBINING MACADAMIA MILK WITH  
BLUEBERRY, LAVENDER, AND CHAMOMILE AS A DRINK  
TO INCREASE QUALITY OF SLEEP**



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OTTIMMO INTERNATIONAL  
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SURABAYA  
2025**

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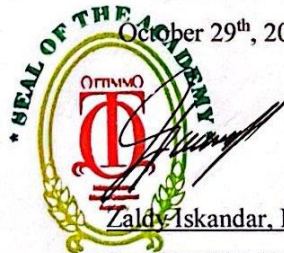
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Culinary Innovation and New Product Development report by:

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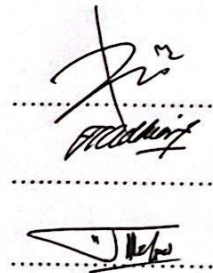
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## PREFACE

Praise to God, for giving me strength and letting me through all the difficulties so I was able to finish this Culinary Innovation and New Product Development Report.

I also take this opportunity to express my gratitude to:

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2. Ms. Heni Adhianata, S.TP., M.Sc as my head study program of Ottimmo International Master Gourmet Academy.
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That is all I can say, I apologize if there are errors of inconsistency in the use of words or sentences. Hopefully, the following report is helpful for the readers, Thank you.

Surabaya, October 11<sup>th</sup>, 2025



Adinda Febriyana Shafira Hanun

## ABSTRACT

This Blueberry Lavender Chamomile Macadamia Milk is a dairy-free, plant-based beverage crafted from raw macadamia nuts, blueberries, and a soothing blend of lavender and chamomile tea. The combination of chamomile and lavender imparts a calming effect, while blueberries contribute valuable antioxidants. The formulation is further enhanced with butterfly pea flower, which not only imparts a vibrant natural blue hue but also contributes antioxidant and stress-reducing properties. A touch of lemon zest adds brightness to the flavor and aroma while supporting digestion and immune health. Enhanced with vanilla essence, the drink offers an aromatic flavor profile, and it is naturally sweetened with honey and maple syrup, resulting in a smooth, creamy texture complemented by floral, fruity, and subtly citrusy notes. The primary aim of this product is to provide a healthy and flavorful alternative to dairy milk, making it suitable for individuals who are lactose intolerant, adhere to a vegan or plant-based diet, or seek a unique and nutritious beverage. Furthermore, this drink is specifically designed to promote relaxation before bedtime, leveraging the calming properties of lavender and chamomile, which may help reduce stress and improve sleep quality, alongside the healthy fats derived from macadamia nuts.

**Keywords:** *Macadamia, Blueberry, Lavender, Chamomile*

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