



OTTIMMO
International
MasterGourmet
Academy
CULINARY ARTS • GASTRONOMY • BAKING/PASTRY ARTS

RESEARCH AND DEVELOPMENT FINAL

PROJECT

“HEALTHY TEA FROM MORINGA AND SOUTH AFRICAN LEAVES”



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Finally the authors hope the report can be usefull for us all

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EXECUTIVE SUMMARY

Moringa (*Moringa Oleifera*) is a small plant that has many benefits. This small leaf is very good for health. While African leaves (*Vernonia amygdalina*) are medium leaves and lots of benefits. Both leaves have a lot in common. The combination of these two leaves can make a significant health outcome.

The two leaves if dried will have very good energy. What if the leaves can be dried properly the making of herbal drinks will be very good to drink. Drying the two leaves and mixing them into a whole tea. With this tea can cure various diseases and increase energy, vitamins, substances needed by humans

TABLE OF CONTENT

Contents

ACKNOWLEDGMENT.....	iii
EXECUTIVE SUMMARY	iv
PLAGIARISM STATEMENT	2
Chapter 1.....	3
Introduction.....	3
1.1 Background of Ingredient	3
1.2 Reason for selection ingredient.....	3
1.3 Main material processing reason.....	4
1.4 The content of Nutrients and Health Benefit	4
1.5 Description of New Product Features	5
Chapter 2.....	6
Ingredients and Utensils Overview	6
2.1 Description of material to be used	6
2.2 The Tool used during the processing	8
Chapter 3.....	10
New Product Processing Sequence	10
3.1 The processing product by using flowchart	10
3.2 Completed recepice attend.....	12
CHAPTER 4	13
NEW PRODUCT OVERVIEW.....	13
4.1 The fact of nutrition	13
4.2 New product charateristic	14
CHAPTER 5	15
BUSINESS PLAN	15
5.1 Identification of Investment Opportunities – SWOT Analysis.....	15
5.2 Marketing Aspect.....	16
5.2.1 Markerting plan.....	16

5.2.2 Marketing mix.....	17
5.3 Technical Aspect.....	17
5.4 Legal aspect	17
5.5 Financial aspect.....	17
5.5.1 Variable cost	17
5.5.2 Fixed Cost	18
5.5.3 Cost of Production & Selling price	18
Variable cost + fixed cost = 2.100.000+166.667 =2.266.667	18
CHAPTER 6	19
CONCLUSION.....	19
Chapter 6.1 conclusion	19
Chapter 6.2 suggestion.....	19
BIBLIOGRAPHY	20
Apedenix	21
Design packaging.....	21
Design logo	21
PRODUCT	22

PLAGIARISM STATEMENT

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6th, August 2019

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