



# MATCHA, ROOIBOS AND 'DANDY CHAI'? THAT'S OUR CUP OF TEA

Kintra Foods has been supplying Australians with high-quality herbal teas since the '60s. We talk to director Phil McPhee about detoxing, de-stressing and the simple joys of a hot cuppa.

**Can you tell us a little bit about yourself and about Kintra Foods?**  
Kintra Foods has been a family owned business since 1962. We have always manufactured our tea products here in Australia. Our small business supplies premium herbal tea blends to the major supermarkets, IGAs and health food channels nationally. My wife and I work in the business together and we have 3 lovely kids aged eight, six and three.

**What do you love about tea?**  
Too many things to list but I will try. Firstly, tea has amazing and wide ranging health benefits and is a 100 per cent natural product. There is a large range of different teas and blends so there is something for everyone. Secondly, tea generally makes you feel good, it's great for the soul! I think people have a cup of tea as a way of relaxing with family and friends. Lastly, drinking tea and eating food make a terrific

combination. Can you imagine having scones without a cuppa?

**What sets Kintra products apart from other teas?**  
We provide premium blends at an affordable price and manufacture them all here in Australia. For example with our Dandy Chai – a blend of roasted dandelion root and spices such as cinnamon, ginger, nutmeg, cardamom, cloves and star anise – all our spices are bought direct from the farm as

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whole spices. We then grind them up and blend them with the dandelion before packing them through our tea bag machines. The ability to grind and immediately pack our product all within the same facility enables us to produce a very fresh product. This enhances the flavour and health benefits. Our Dandy Chai retails for around \$7.99 in Woolworths and Coles. As we provide a generous



32 serves per pack, it equates to roughly 25 cents per serve, which is outstanding value for such a high-quality, healthy product.

**What are the perks of natural, caffeine-free alternatives such as dandy chai?**

Dandy chai has wide-ranging health benefits for detoxing the liver and kidney. It's also a source of valuable minerals and vitamins and a perfect coffee substitute as it has a coffee-like taste. It's a terrific detox and de-stress beverage.

**Can you tell us about some of the health benefits of your other teas?**

All our teas are designed to taste great but also with a health purpose in mind. We have Matcha and Matcha Chai, which is an antioxidant powerhouse that is rich in vitamins and minerals, it will help lift your immunity and energy levels, plus burn your calories. Our Rooibos and Rooibos Chai are also rich in antioxidants and contain essential minerals including iron, zinc and calcium to support a healthy diet. Our Rooibos tea is organically grown and preservative free. Then there's our Turmeric Golden Blend, which is a powerful anti-inflammatory, antioxidant, antiseptic

and antibacterial agent. Perfect for a latte using almond or coconut milk. We also have a low-tannin, 98 per cent caffeine free Formosan Black Tea and a Licorice Tea Blend that aids digesting and relieves PMS symptoms.

**Why are healthy foods important to you?**

Good health is one of the most important things in life. Your body needs nutritious food for a healthy body and mind.

**What do you do to keep yourself healthy while leading a busy life and running a business?**

Besides eating a well balanced diet I stay fit by playing sport like touch football, swimming and running. I also enjoy playing sport with my three kids – I help coach them in soccer and netball which is great fun. My home backs on to Manly Dam Bush Reserve which has an adventurous and challenging mountain bike track and I enjoy riding around that with my son, it certainly gets the heart pumping!



**Finish this sentence: Kintra Foods teas are amazing because...they are 100 per cent natural, healthy, delicious premium blends manufactured here in Australia at a terrific price for our customers. 🇦🇺**

# Liquid LOVE

## Turmeric lattes

Turmeric drinks are the winter staple we didn't know we needed. Turmeric has been the subject of much scientific praise, mostly for its active compound curcumin. Although it's known as an anti-inflammatory, a 2014 study by a series of Australian universities found that turmeric could also have antidepressant qualities. Though in this instance it was two 500-milligram curcumin supplements twice daily, not lattes. Although, it's hard not to feel just a little bit happier while sipping something that's such a joyful, sunshine yellow. Turmeric is part of the ginger family, but has a very different flavour, being less spicy and more aromatic. According to premium beverage manufacturers, Kintra Foods, blending turmeric with black pepper increases the body's ability to absorb turmeric nutrients by 2000 per cent.

### Kintra Turmeric Golden Blend

Made with just four ingredients (turmeric, cinnamon, ginger and black pepper) this pure spice blend can be added to milk for a simple spicy latte. \$8.95 for a 100-gram tin, [kintrafoods.com.au](http://kintrafoods.com.au)



### Golden Grind Coconut & Cacao

Golden Grind uses only organic ingredients to create tasty, premium-quality turmeric blends. While their pure spice 'Hero' product is great for golden latte purists, there's a lot to love about their turmeric combo with powdered coconut milk, nourishing cacao and liquorice root for natural, sugar-free sweetness. Just at hot water! \$19.95 for a 100-gram pack, [goldengrind.com.au](http://goldengrind.com.au)



## Wholesome hot choccies

Who said chocolate was unhealthy? On the contrary, studies have proven that flavonols (a type of antioxidant) and other chemical compounds in traditional cocoa and cacao can help improve athletic performance, can restore flexibility to arteries (thus preventing heart attacks and strokes) and can help increase brain power. An almost year-long, double blind study published in *BMC Nutrition* found that cocoa "increases cerebral blood flow, which increases cognition and attention". The project also found that cocoa lessens caffeine's anxiety-producing effects, which is a good excuse to add a spoonful into your coffee each morning. (Mocha, anyone?) But for those looking to avoid caffeine (and similar chemical compound theobromine), carob powder is a delicious alternative. As most of cocoas beneficial properties come from its antioxidants, it also pays to avoid products made with Dutch cocoa. Popular in drinking chocolate blends, Dutch cocoa has undergone an alkalising process to give it a more mellow taste, which also destroys many of its antioxidants. Cacao, on the other hand, is cocoa that has been made without using heat, and thus contains more beneficial nutrition than traditional cocoa.

### Amazonia Spiced Cacao

A cacao rich blend for those who want a whole lot of hot in their chocolate, this pure cacao blend is paired with nourishing cinnamon, turmeric and ginger. \$19.95 for 100 grams, [amazonia.com.au](http://amazonia.com.au)



### Natvia Du Chocolate

For those who like it sweet but prefer it sugar free, Du Chocolat has got you covered. Made with 15 per cent premium cocoa, Natvia (from stevia) and a little maltodextrin for texture, this is healthy comfort food at its best! \$6.50 for 200 grams, [duchocolat.com.au](http://duchocolat.com.au)

### Inner Body Boost Healthy Chocolate Mix

A low-caffeine superfood hot choccie blend made with mesquite powder (a mildly sweet, high-fibre, nutrient rich product made from seeds of the mesquite tree, similar to wattle seeds) and carob powder with cacao and raw cinnamon for extra oomph. \$19.95 for 150 grams, [innerbodyboost.com.au](http://innerbodyboost.com.au)



## Matcha lattes

Earthy, fragrant and gloriously green – there's a lot to love about milky matcha. And, according to studies in the *Journal of Chromotography*, because you're drinking the whole leaf (rather than removing it) the antioxidant levels of matcha are 137 times higher than in traditional green tea. Though it is possible to make a latte simply by adding matcha powder to warm milk, its bitter and earthy flavour is not (pun intended) everyone's cup of tea. You might need to sweeten to taste or opt for a sweetened matcha mix.

### Jade Leaf Matcha Latte Mix

Made with just organic cane sugar and premium matcha tea, making a tasty café-style matcha latte is as easy as popping a tablespoon of mix in a cup of warm milk. \$9.95 for 150 grams, [jadeleafmatcha.com](http://jadeleafmatcha.com)



### Kintra Foods Matcha Powder

This organic tea powder is perfect for matcha purists. \$28.95, [kintrafoods.com.au](http://kintrafoods.com.au)

## Bone broth

Move over, chicken soup. Bone broth is a simple and nutritious comfort food that you can sip. Made by simmering bones for eight to 24 hours (unlike stock or broth, which takes significantly less time), bone broth contains collagen, gelatine and amino acids such as glycine. Nutrition guru and *nourish* contributor

Nadia Feslch says glycine is a primary nutrient required to fuel the secondary detox pathway of the liver and is also one of the three amino acids that make up glutathione – a key antioxidant in the body that's essential for vitamin C metabolism, free radical protection as well as alcohol and heavy metal detoxification.



### Broth of Life Organic Chicken Broth

Don't want to make your own broth? The hard work is done for you with Broth of Life's organic dehydrated blends. Simmered for 12 hours to extract the most nutrients and with no added MSG or other nasties, this broth is organic, paleo, gluten free, nutrient dense and guaranteed to warm your cockles. Simply add a teaspoon to 100 millilitres of hot water. \$22 for 40 grams, [brothoflife.com.au](http://brothoflife.com.au)

## Chai tea

Chai hails from India, and literally means 'tea' – though we think of it as much more than that. According to Ayurveda, an ancient form of traditional medicine, each spice used to create chai has its own health benefits. The most common spices are cinnamon (which helps control blood sugar), cardamom (which strengthens the immune system), cloves (which have antiseptic properties), black pepper (which stimulates digestion) and ginger, which is anti-inflammatory. Chai lattes that are made using real tea and spices are the best option here. Although the powdered and syrup alternatives are delicious, they can also be full of sugar and may not contain the same beneficial nutrients and antioxidants of black tea and fresh spices. The nutrition of chai may also vary depending on how it is made. Many cafés use 'wet' chai (where the tea is steeped in honey) and steam it with the milk, or powdered chai or syrup mixed into warm milk. A caffeine-free chai can be made with dandelion tea, which has a similar flavour to black tea.

### Prana Chai Masala Blend

Another 'wet' blend, Prana chai contains all natural ingredients and high-quality Aussie honey to create their spicy Masala Blend. They recommend heating their wet chai with milk on the stove, adding extra honey for sweetness. \$20 for 250 grams, [pranachai.com](http://pranachai.com)



### Calmer Sutra Dandi Chai

A 'wet' chai, this tea contains an aromatic fusion of dandelion and chicory root, Indian spices, Victorian honey and fresh ginger. Calmer Sutra suggests steeping their chai in a pot with a small amount of water, then adding hot milk to the same pot. \$16.90 for 200 grams, [calmersutratea.com.au](http://calmersutratea.com.au)

