

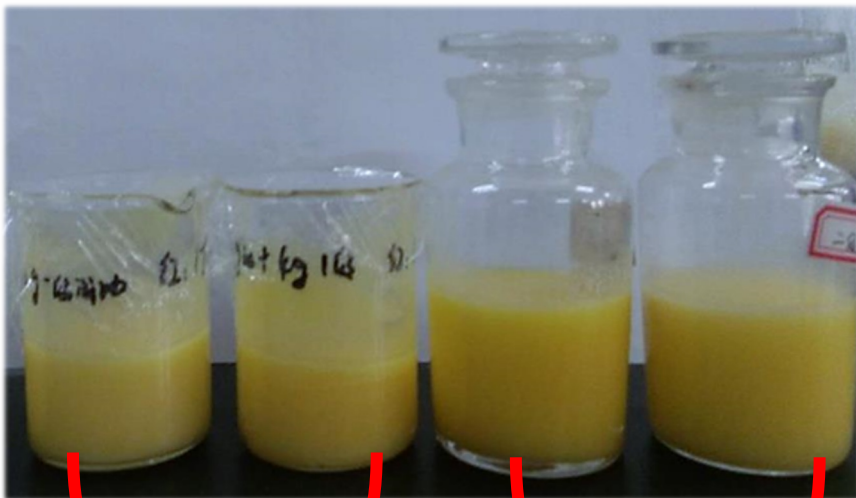
## INTRODUCTION

**Tibetan butter** is widely used for food in Tibetan daily life. It is used to make not only butter tea and butter tsampa, but also for sculptures and lighting as offerings to Buddha.



## BUTTER TEA INGREDIENTS

Red palm olein, tea, salt, butter, and milk



Palm-based Tibetan Butter

Commercial Tibetan Butter

## ADVANTAGES

1

The use of red palm olein in Tibetan butter can replace synthetic beta-carotene which functions as a food colourant in conventional products.

2

Better oxidative stability.

## REFERENCE

LI J Y, MA C G, WANG Y D, JI M and LI S (2018). Analysis of Physical and Chemical Indexes and Physical Properties of 6 Kinds of Tibetan Butter. *Journal of Henan University of Technology (Natural Science edition)*, 39 (03): 38-46+57.

