

# We cook good food with a dash of love



## Hummus the Treasure of Mankind

The food that carries the scent of the Middle East, the stories permeated by the sun and the tastes going through history. A mixture of chickpea, tahini sesame paste, lemon and virgin olive oil. This vegan, gluten-free and nutritionally balanced Oriental specialty has also conquered domestic gastronomic waters in recent years. No wonder!

- **The roots of this dish, according to legend, go back to Mesopotamia;** however, the oldest recipe in the form we know today was not seen until the 15th century in the various regions of the Ottoman Empire.



- **Hummus stands out for its exceptional nutritional value,** and like every legume meal, even hummus can quickly fill you up, making it a great companion during reducing diets.
- **It is a rich source of fibre.**

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### SALES MANAGER:

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# Ingredients: ↘

Chickpeas, Tahini (sesame paste), olive oil, lemon, sea salt, herbs and spices

- Hummus helps increase **the body's immunity**, cleanse the body and **improve digestion**, and it **normalizes blood sugar levels**.
- In the Middle East, **it is believed it has aphrodisiac effects**. It has an **excellent muscle building effect** and at the same time **harmonises the nervous system**.
- It is suitable **for vegetarians, vegans**, young children, pregnant and breast-feeding women, and seniors. At the same time, **it is gluten-free** and so it can be enjoyed by people with gluten intolerance.
- **Original hummus is prepared in the traditional way, from pure plant raw materials and without chemical preservatives**. Over time, we have come up with other excellent variations – hummus with black olives, with caramelized onion, or tomato hummus.
- Hummus is traditionally served with Arabic pitta bread and falafel. Don't hesitate to include it in your healthy snacks (just with fresh vegetables, crackers, tortillas or sandwiches).
- It is also a tasty friend for the main course (as an appetizer, as a base for your pizza or savoury pie, **as a side dish with grilled vegetable or meat dishes, or as a gluten-free sauce additive**).
- Depending on your mood and opportunity, you can flavour it with your own favourite ingredients (dried tomatoes, fresh herbs, chilli...). **It simply is a balanced and versatile delicacy you'll love!**



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# Believe in nature

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## Kimchi

**Kimchi is a unique wonder, brought to us by Korean cuisine:** fermented, spicy, and extremely tasty. Our grandmothers already knew of the restorative power of pickled vegetables – now it's time to explore the beneficial effects of this Asian variation!

- **Kimchi is the most popular national dish in Korea by far,** and is put on the table on a daily basis in almost all households, as a standalone meal or a side dish.
- **Fermented products have positive health impact.** They improve the balance of the intestinal microflora, help with indigestion, boost immunity, and assist the cardiovascular system.
- **Thanks to garlic, kimchi is rich in antioxidant; also, kimchi is low in calories.**



- All ingredients are put into brine, sprinkled with seasoning (chili paste), and left to ferment for several days. **The result is a crunchy, sweet-and-sour, spicy salad packed with beneficial probiotics.**

### Ingredients:

Chinese cabbage (66%), carrots, white radish, water, onion, spring onion, soy sauce (water, soy beans, wheat, salt), garlic, rice flour, ginger, chili, sweet paprika, salt.  
„A pinch of love, that's all.“

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## Samahan the Ayurvedic wonder

An ancient healing potion of Ayurvedic herbs and spices, which will warm you up and give you good health. This unique beverage has stood the test of centuries, and benefits us even in modern times. Join us to discover the restorative power of nature!

- The blend is composed of **14 different herbs and spices**, prominent among them ginger, pepper, coriander, cumin, and licorice – **a unique cocktail for fighting colds and boosting the immune system.**
- Thanks to the presence of **ginger, the tea helps with influenza, the common cold, coughs, rhinitis, and headaches, positively influences the respiratory system and unblocks the airways. It warms up the whole body from the inside.** Thanks to its composition, samahan has anti-inflammatory effects, brings relief when feeling under the weather and helps fight the attendant symptoms of colds (aching muscles and joints, chills...).



**Instant samahan is prepared in no time:**  
in a mug, dissolve the contents of one sachet in 250 ml of hot (but not boiling) water. Stir well. Done!

### Our tip:

Put it in your backpack to refresh you on long hikes, and your kid's summer camp kit! Samahan is your trusty companion in the office, at meetings, and in classrooms, especially after summer sunshine gives way to damp and rainy days in fall. Simply put: whenever you need some soothing support.

## Ingredients: ↴

coriander - seeds, ginger - root, black pepper - fruit, long pepper - fruit, calumba - stem, premna herba-cea - root, evolvulus alsinoides - whole plant, cumin - seeds, adhathoda vasica - root, ajwain - seeds, lesser galangal - rhizome, solanum xanthocarpum - whole plant, licorice, mollugo cerviana, hedyotis corymbosa - whole plant, sugar cane

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## TAHINI

the tasty sesame paste

Tahini plays an indispensable, highly prized role in the cuisine of the Near and Far East. The sesame-based paste contains a number of active agents which are beneficial to your health. Tahini refines dishes, lifting their flavour and setting them apart. The subtle nutty taste is a good fit for savory and sweet dishes and adds a new colour to your diet... you must try it!

- The paste, which is made from sesame seeds, is a mainstay in the cuisine of Israel and Lebanon, where it is a popular ingredient in various spicy spreads. It is great on a humble piece of bread or a roll, makes for universal dips paired with salads or meat dishes, and takes desserts to a different level.
- The interplay of ingredients helps prevent skin and eye problems, aids the regeneration of the liver, mucous membranes, hair and nails, and improves metabolic efficiency. Tahini is good for those with a compromised immune system, anemia, or PMS, and for those who wish to improve their stamina or their ability to focus.
- We prepare Tahini the traditional way, without added preservatives, chemicals, or salt.

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### For the sweet-toothed:

Stir the desired quantity of Tahini with some water until smooth. Add honey and quality cocoa powder to taste. Great on pancakes, fresh fruit, in muesli and smoothies, yogurt, ...

### Dips for salads and barbecue

Stir the desired quantity of Tahini with some water until smooth. Season with salt, pepper, and lemon juice. Depending on your preferences, feel free to experiment with added flavours: miso paste, cumin, chili, apple vinegar, garlic, honey, or fresh seasonal herbs!

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