



Kintra
FOODS

Turmeric Golden Blend

Turmeric Golden Blend is a perfect combination of super food spices that are 100% natural. The spices work together to encourage the release of their amazing properties.

Use with almond or coconut milk to make a delicious latte or use as a superfood boost to cereal, smoothies, meats and other products.

It's a superhero blend!



Proudly Australian



100% Natural Ingredients



Caffeine Free



Gluten Free



Preservative Free

Available in all good health food stores and IGAs

 **kintrafoods**
www.kintrafoods.com.au

PROMOTIONAL RECIPE



TURMERIC CHICKPEA CASSEROLE

SERVES 6

1 onion diced
4 gloves garlic minced or 4 tsp crushed garlic
2 tsp Kintra Foods Turmeric Golden Blend
2 tsp Mexican chilli powder
½ tsp salt
3 bay leaves
1 tsp sugar or stevia (optional)
2 x 400 g can diced tomatoes
2 x 400 g can chickpeas (drained and rinsed)
250 g sweet potato diced
300 g celery sliced
1 x 400 ml can light coconut milk
500 g cauliflower chopped into bite sized pieces
2 cups baby spinach or chopped kale
Quinoa, to serve
Coriander, to serve

In a large non-stick pot, sauté the onion. Use a little water to avoid sticking.

Add the garlic, Turmeric Golden Blend, chilli powder, salt, bay leaves and sugar (if using) and stir occasionally for 2 minutes.

Add the tomatoes, chickpeas, sweet potato, celery and coconut milk. Bring to the boil and then simmer for 30 minutes, or until sweet potato are cooked through.

In the last 10 minutes add the cauliflower.

In the last 2 minutes add the spinach or chopped kale and stir until wilted.

Remove the bay leaves and serve with quinoa or brown rice and a sprinkle of fresh coriander leaves if desired.

Recipe by @healthyeating_jo



Turmeric Golden Blend Powder contains ingredients of turmeric, cinnamon, ginger and black pepper. These natural ingredients have been carefully selected for their abundant health benefits. It's a superhero blend!



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