



ISSUE 9

SIMPLY GOODNESS

Clean Eating

Simple, honest & delicious recipes

Matcha Oat Pancakes

Recipe Inside



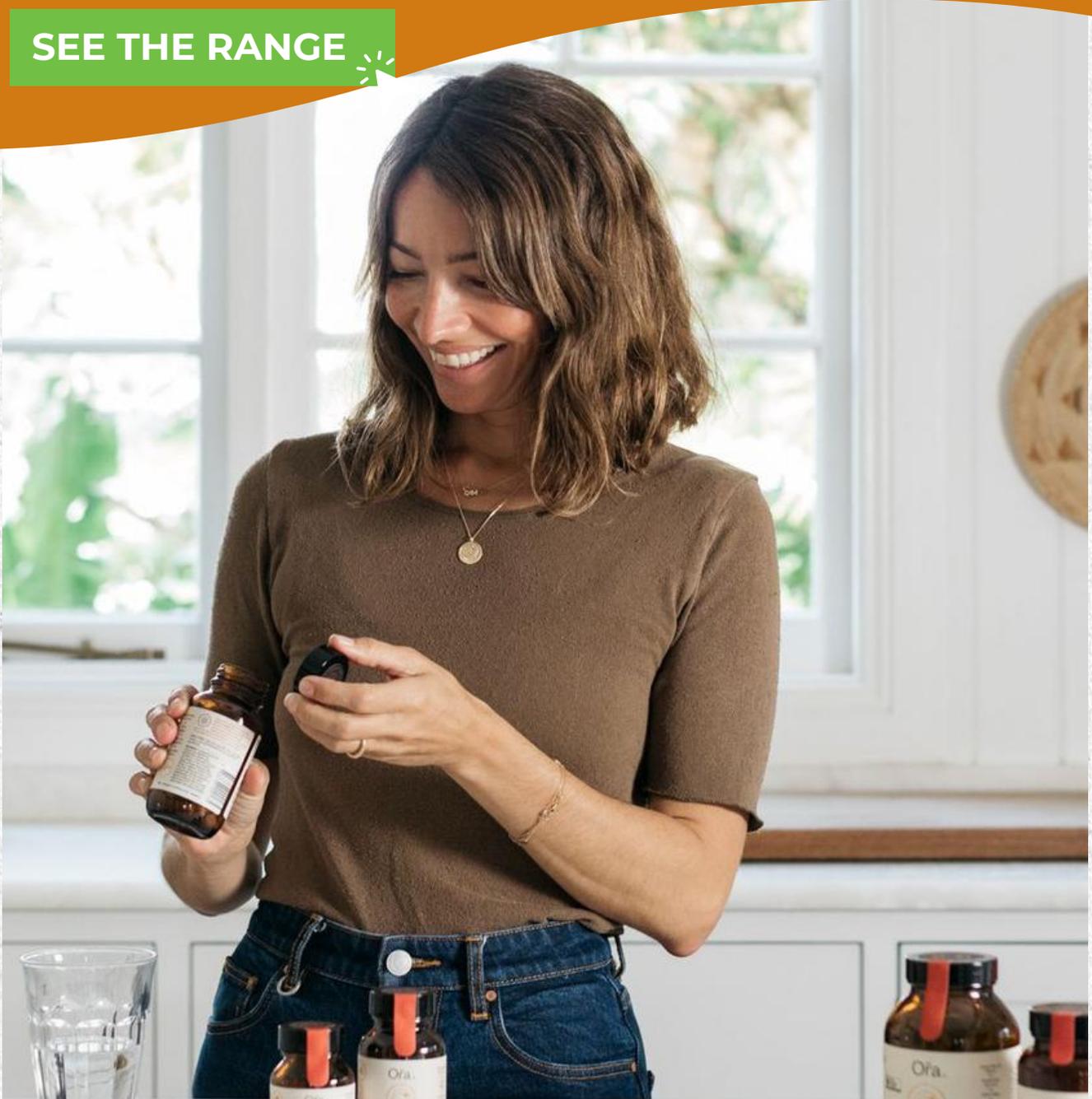
Valentine's
Day Gift
Guide

Share the Love: Wholesome Valentine Recipes
Discover Natural Health & Beauty

EMPOWER YOUR HEALTH JOURNEY

Founded in 2020 by plant-medicine expert Gabriel Perera and his partner Yong, Ora blends over 20 years of natural health experience with a passion for plant-based healing. Created from the search for supplements they could truly trust, Ora sets a new standard with premium ingredients, transparent sourcing, and thoughtfully crafted formulas that deliver real results.

SEE THE RANGE



Ora™

LET'S GROW goodness TOGETHER!

Clean eating isn't about perfection - it's about choosing nourishing ingredients that feel good for you and your family. In this issue, we explore what clean eating really means, share wholesome recipes using Honest to Goodness pantry staples, and celebrate how we're growing to support wellbeing at every stage of life.

WHOLESONE WAYS TO NOURISH

We've grown in some exciting ways, with a Baby & Kids range that includes gentle body care, nourishing formulas and wholesome snacks, a new Pet Care category offering natural treats and supplements, and a pantry addition of organic, sustainably caught canned fish for simple, nourishing meals.

NEW BRANDS, SAME VALUES

Alongside these launches, we're welcoming new brand partners who share our values and bring even more trusted goodness to the Honest to Goodness community.



Tasting Success in 2025

EATWELL YUMMIES AWARDS

Thanks to our wonderful community, Honest to Goodness was recognised at the 2025 Yummies Awards. It's a proud moment for us, and a reminder that choosing wholesome, nourishing snacks can be just as joyful as it is delicious.

- ✓ **Australian Almond Butter** - Winner, Dips & Spreads.
- ✓ **2die4 Live Foods Activated Organic Celtic Salt & Vinegar Almonds** - Highly Commended, Savoury Snacks.
- ✓ **Organic Honey Roasted Macadamias** - Highly Commended, Sweet Snacks.



As a family owned, certified organic Australian company we are committed to responsibly sourcing wholesome ingredients that nourish both people and planet.

Get social with us.



goodness.com.au

From Pantry to Plate

Where simple ingredients become nourishing everyday meals.

Clean eating begins in the pantry. The choices we make on our shelves shape the meals we share, the snacks we reach for, and the habits we build. This section celebrates Honest to Goodness staples that turn everyday cooking into mindful nourishment.



Clean Eating, the Honest Way

Clean eating is about reconnecting with real food. At Honest to Goodness, it means choosing ingredients close to their natural state. Whole grains, nuts, seeds, legumes and natural sweeteners, without unnecessary additives. When we eat clean, we support digestion, energy and overall wellbeing, while building habits the whole family can enjoy.

**simple,
honest &
delicious**

What Does Clean Eating Really Mean?

Clean eating focuses on foods that are:

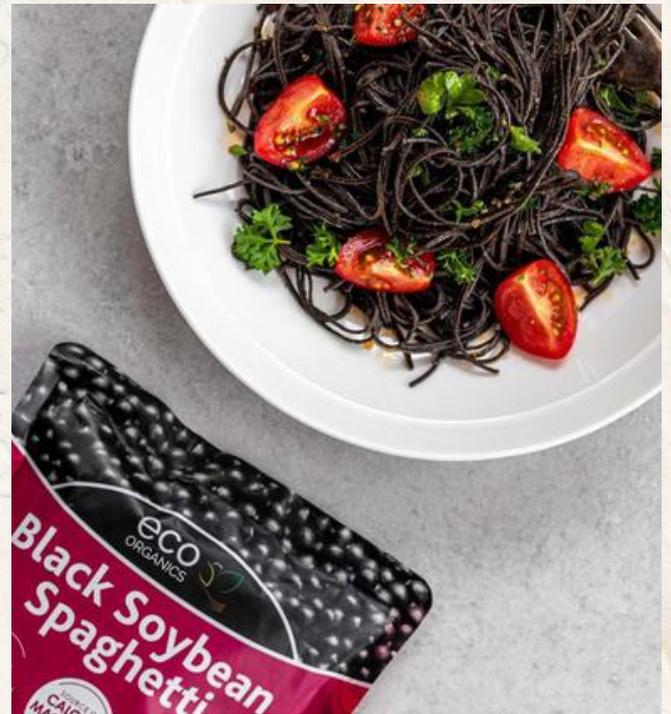
- Minimally processed
- Made with recognisable ingredients
- Naturally nutrient-dense
- Free from artificial colours and flavours



CHERRY TOMATOES AND CHILLI OIL BLACK SOYBEAN SPAGHETTI

Ingredients:

- 1 packet of Eco Organics Black Soybean Spaghetti
- 300g cherry tomatoes
- 2 tbsp of butter or Organic Olive Oil Extra Virgin
- 2 large cloves of garlic, peeled and minced
- Small bunch of fresh parsley
- Chilli oil to serve
- Pinch of cracked pepper
- Pinch of salt



Method:

1. In a large frying pan add the butter or oil over a medium to high temperature.
2. Add the minced garlic and cook for a few minutes or until slightly softened.
3. Add the cooked Black Soybean Spaghetti as per packet instructions (drained but 1 cup of pasta water reserved).
4. Add the tomatoes and stir in a pinch of salt.
5. Add the pasta water and use a pair of tongs to stir the cherry tomatoes and garlic through.
6. To serve, garnish with chopped parsley, pepper and a sprinkle of chilli oil.

HEMP PESTO



Ingredients:

- 1 tsp organic minced garlic
- 1/4 cup Australian Hulled Hemp Seeds
- 1/4 cup Organic Pine Nuts
- 2 tbsp Organic Extra Virgin Olive Oil
- 1 bunch fresh basil
- 1-2 cups fresh spinach leaves
- Juice of 1/2 lemon
- 1/2 tsp Celtic Sea Salt

Method:

1. In a food processor or high-powered blender, combined the garlic, hemp, pinenuts and salt into small paste.
2. Add in basil and spinach and blend until combined.
3. Add in lemon and oil, blending again until smooth. Use more salt and oil if preferred.
4. Enjoy with your favourite crackers or use in a pesto flavoured dish!

Mindful Eating Starts NOW.



Clean eating isn't about restriction, it's about reconnecting with real food. At Honest to Goodness, clean eating means choosing ingredients that are wholesome, nourishing and close to their natural state. No unnecessary additives, no artificial flavours. Just honest, simple goodness that supports the way we live today.

In a world of fast meals and busy schedules, clean eating invites us to slow down and become more mindful about what we put on our plates. It's about selecting foods that fuel your body, care for your gut and leave you feeling energised rather than depleted.

From organic pantry staples to nourishing snacks, clean eating starts with awareness. When we choose wholefoods like grains, nuts, seeds, legumes and natural sweeteners, we're not only feeding ourselves better — we're building healthier habits for the whole family. Clean eating isn't a trend. It's a lifestyle rooted in balance, enjoyment and trust in quality ingredients.

Gut Goodness

A happy gut is at the heart of overall well-being. Support digestive health with prebiotic and probiotic foods, fibre-rich mindful foods and clean, organic wholefoods. From fermented favourites to herbal teas and gut-supporting supplements, these simple daily choices help maintain balance, support digestion and encourage a thriving microbiome.



SEE THE RANGE

Clean eating isn't restrictive, it's **EMPOWERING**

Power Powders

Superfoods are a key part of a clean conscious lifestyle and a simple way to support everyday wellbeing. Explore our range of forest superfoods and unprocessed powders, including Organic Acerola, Guarana, Acai powder, Maqui, Beetroot powder, Spirulina and Chlorella. Paired with our Marine and Peptide collagen range, these mindful foods are designed to nourish, energise and support a wholesome routine.



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Radiant Rituals

Support natural skincare from the inside out with glow-boosting essentials rooted in clean, mindful choices. From our Marine and Peptide collagen range to natural beauty favourites by Black Chicken Remedies, Weleda and SunButter, this collection supports simple, wholesome self-care. Enhance your rituals with essential oils, oil diffusers and skin-loving snacks like almonds, goji berries and our Omega seed mix - clean, conscious nourishment for radiant skin.

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Fitness Fuel

Fuel your body with unprocessed, organic nutrition that supports an active, balanced lifestyle. Our protein powders - including Organic Sprouted Pea, Sprouted Brown Rice and Hemp - plus shakes, bars, granola, muesli and porridge are mindful foods designed to keep you energised. Power longer days and workouts with Honest to Goodness proteins. From Chickpea & Edamame Pasta for sustained energy to Pea Protein Powder and Cacao Smoothie Blends for clean, strength-supporting fuel.

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Simple Swaps

Clean eating doesn't have to be complicated. Make simple swaps with our Eco Organics pasta range, including Chickpea Fettuccine, Edamame Spaghetti and Mung Bean pasta. Enjoy wholesome condiments, snacks and organic breakfast staples like granola, muesli, Buckies and quinoa puffs. These unprocessed options help you eat more mindfully while keeping meals nourishing, satisfying and free from artificial additives.

**Honest Fuel.
Real Results.**

SEE THE RANGE





Ingredients

- 1 ½ cups Almond Meal, sifted
- ¾ cup Organic Coconut Flour, sifted
- 1 ½ tsp Baking Powder
- 3 tbsp Nutritional Yeast Flakes
- 2 tsp Organic Paprika
- 1 tsp Celtic Sea Salt
- A few twists of cracked pepper
- ¼ cup Organic Pecans, roughly chopped
- 4 organic eggs, beaten well
- ½ cup pumpkin puree
- ½ cup + 2 tbsp Organic Extra Virgin Olive Oil
- 1 tbsp Organic Apple Cider Vinegar
- 1/3 cup Absolute Organic Greek Green Olives & quartered
- Organic Pepitas, Sesame Seeds & Sunflower Seeds to garnish

SAVOURY BREAKFAST LOAF

Method:

1. Preheat fan-forced oven to 160 °C.
2. In a large bowl, combine the sifted almond meal, coconut flour, baking powder, yeast flakes, paprika, salt, cracked pepper and pecans.
3. In another bowl, add the beaten eggs, pumpkin puree, olive oil, and apple cider vinegar. Mix well then stir the olives through.
4. Pour the wet mixture into the dry mixture, stirring with a wooden spoon to combine thoroughly.
5. Scoop the batter into a well-oiled tin and sprinkle with sesame seeds, pepitas, sunflower seeds any other preferred seeds.
6. Bake for 60 – 75 minutes. Your loaf is ready when an inserted skewer comes out clean. If the top of your loaf is browning too quickly, cover it with baking paper.
7. Let cool completely before cutting into slices. I like to leave mine overnight and cut it in the morning. Store in the fridge for a few days, or freeze immediately.
8. Eat with all of your favourite toppings. My go-to combo at the moment is avocado, goats feta, basil and black sesame seeds!

PICKLED RED ONIONS

Ingredients

- 1 red onion
- ½ cup Organic Apple Cider Vinegar
- 1 tbsp Organic Raw Sugar or Organic Maple Syrup
- 1 tsp Celtic Sea Salt - Fine
- 1 cup of hot water

Method:

1. Finely slice the red onions (use mandoline slicer if accessible), and fill glass jar.
2. In a bowl combine the vinegar, sugar, salt and hot water and stir until sugar is dissolved.
3. Pour this mixture into jar, ensuring the onions are immersed.
4. Cover mixture and let sit for an hour. This can be stored in the fridge for up to 3 weeks.



baby & kids

Clean starts for curious little eaters.

From first tastes to lunchbox favourites, clean eating helps children explore real flavours while fuelling growing bodies. Our Baby & Kids range supports families with gentle, nourishing essentials that make healthy habits easy and enjoyable.



1. **Sprout Infant Formula 700g** – Organic, gentle nutrition for growing babies
2. **Calendula Face Cream 50ml** - Help baby skin learn its natural protective function with a little guidance from nature.
3. **Little Harvesters Baby Food Beef, Peas, Pumpkin, Hemp 120g** - This highly nutritious pouch can be served at room temperature, chilled or gently warmed.
4. **Sprout Kids Bar Super Berry 25g x 4** - These bars are a nourishing, convenient way to keep little tummies happy, fuelled and ready for the day.

Real Food for Little Ones

High in good fats & protein



No added sugar or preservatives

SEE THE RANGE

Australian made & owned

sprout
ORGANIC

Happy. Healthy. Wholesome.



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Wholesome natural care & food for pets

Because clean living is for every member of the family.

no artificial colours

certified organic



Our pets thrive when cared for with the same intention we give ourselves. This section explores simple, natural ways to support your furry companions with honest, gentle products designed for everyday wellbeing.

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FISHERSTM
OF
FREYCINET

LOVE FROM THE OCEAN[®]

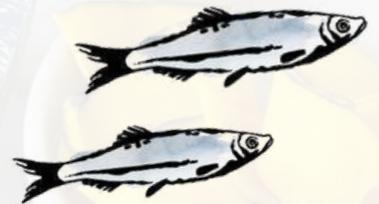
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High-Quality, Gourmet Ready-to-Eat Options.

Canned seafood
from Nordic
waters.

BLÅMUSLING
Limfjord blåmuslinger
FANGST



At Honest to Goodness, we love bringing unique, wholesome products to our customers and FANGST fits perfectly.



SEE THE RANGE

FÆRØSK LAKS
Faroe Islands sa

VALENTINE'S DAY

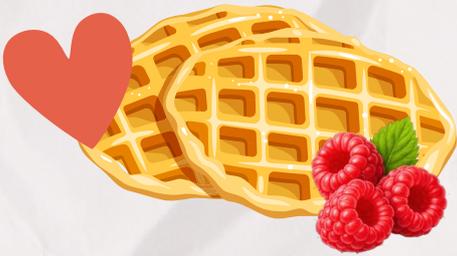
STIRRING UP SOMETHING

sweet



It is often said that the best way to the heart, is through the stomach and we couldn't agree more! So, this year, make your Valentine's Day Gifts homemade desserts!





VEGAN WAFFLES

Ingredients:

Batter:

- 1 cup Blanched Almond Meal
- ¼ tsp Baking Powder - Aluminium Free
- ⅓ tsp Bi-carb soda
- 1 cup nut milk

Topping Options:

Option 1: coconut yogurt and Organic Maple Syrup

Option 2: coconut yogurt and fresh fruit

Option 3: raspberry coulis and Organic Smooth Peanut Butter

Option 4: ice cream and Organic Cocoa Powder

Method:

1. Combine waffle batter ingredients.
2. Pour into your waffle maker and cook until crispy. Depending on your waffle maker, a couple of minutes either side.
3. Serve with your desired toppings and enjoy!



NUT BUTTER STUFFED CHOCOLATE DATES

Ingredients:

- 8 organic Medjool dates
- 8 tbsp Organic Nut Butter (Peanut, almond, abc etc)
- Pinch of coarse Celtic Sea Salt
- ½ cup of Organic Dark Chocolate Buttons (64g)
- 1 tsp of dried rose petals

*Other Coating Options:

- Organic Pistachios, crushed,
- Organic Desiccated Coconut
- Organic Cacao Nibs
- Freeze-dried raspberries

Method:

1. Line a plate or tray with non-stick baking paper. Set aside.
2. Slice one half of a Medjool date open lengthways and remove the seed.
3. Replace the seed with 1 tbsp of heaped nut butter and close the date back together. Refrigerate whilst preparing the chocolate.
4. Prepare dark chocolate – if using a block of chocolate, break up into small bits and place in a heat safe bowl. This can be done in a microwave stirring frequently or on a stove top, you can estimate 1 minute of cooking for 30 grams of chocolate. Stir the chocolate every 20-30 seconds for a total of 2 minutes or until fully melted.
5. Dip each of the Medjool dates in chocolate and place on the lined tray.
6. Top each with a small pinch of salt and a sprinkle of rose petal. Return to the fridge for 30 minutes or until set.

RICH DARK CHOCOLATE BROWNIES



Ingredients:

- 250g Organic Rapadura Sugar
- 160g organic unsalted organic butter
- 5 tbsp Organic Cacao Powder
- 1 tsp vanilla extract
- 2 tbsp whisky
- 150g Organic White All-Purpose Plain Flour
- 100g Organic Dark Chocolate, roughly chopped
- 60g Australian Walnuts or Pecans, chopped
- 1/2 tsp Himalayan Salt
- 2 organic free-range eggs

Method:

1. Heat an oven to 175°C / fan 155°C.
2. Mix the sugar, butter, cacao powder, vanilla seeds and whisky in a pan and put it over a medium heat, until melted and combined. Let the mixture cool to room temperature.
3. Mix flour, chopped chocolate, chopped nuts and salt in a bowl.
4. Stir the flour mix into the cooled sugar mixture and add the eggs. Stir it with a whisk until it combines. Avoid further mixing!
5. Pour the cake batter into a square 20cm baking tin lined with baking parchment. Bake the cake for 20-25 minutes, until the edges are firm, but the middle still soft. Let it cool completely before cutting.
6. When serving: Whip the mascarpone together with the cream and whisky, until light and fluffy. Serve the brownies at room temperature with the cream and blueberries.

Method:

1. Mix the peanut butter and icing sugar in a bowl until it forms a thick paste (this may take a few minutes). Roll the mixture into balls, then gently flatten into thick discs. Set aside.
2. Melt the dark chocolate and coconut oil together using a microwave or double boiler. Stir in the vanilla extract.
3. Spoon a small amount of melted chocolate into each mould. Add a peanut butter disc, then cover with more melted chocolate.
4. Place in the freezer for about 20 minutes until set.
5. Remove from moulds, drizzle with any leftover chocolate and sprinkle with flaky sea salt. Return to the freezer briefly to set.
6. Store the cups in the fridge to prevent melting.

Ingredients:

- 200g Organic Dark Chocolate Drops
- 30g Organic Virgin Coconut Oil
- 1 tsp vanilla extract
- 125g Organic Smooth Peanut Butter
- 40g Organic Icing Sugar
- Flaky Salt



PEANUT BUTTER CUPS



VALENTINE'S DAY

Naturally Thoughtful Valentine's Gift Guide

FIND THE PERFECT GIFT





NEW
Organic Guarana Powder
Organic Acerola Powder

We're excited to expand our superfood collection with Organic Acerola Powder and Organic Guarana Powder - nutrient-packed ingredients to support a healthy lifestyle.



**CACAO & ACEROLA
 CREAM SMOOTHIE**

Ingredients:

- 3 Bananas (frozen in chunks)
- 2 tbsp Organic Peanut Butter
- 2 tbsp Organic Coconut Oil
- 1 tbsp Organic Acerola Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Organic Cacao Powder
- 2 tbsp Honey
- 1 tbsp Almond Butter
- 1 tbsp Organic Chia Seeds
- 3 tbsp Almond Milk
- ½ tsp Vanilla Extract

Method:

1. Prepare the chia pudding:
2. In a small bowl, combine the chia seeds, almond milk and vanilla. Stir well and set aside for 5 minutes to thicken.
3. Make the cacao swirl:
4. In another small bowl, mix the cacao powder, honey and almond butter until smooth and glossy.
5. Blend the smoothie:
6. Add the frozen bananas, peanut butter, coconut oil, acerola powder and almond milk to a blender. Blend until thick and creamy.
7. Spoon layers of smoothie, chia pudding and cocoa swirl into serving glasses or jars. Swirl gently for a marbled effect.
8. Enjoy immediately, topped with extra superfoods if desired.

NEW Organic
White Chia Seeds



White chia seeds are naturally high in fibre, protein and omega-3, with a lighter colour that blends beautifully into your recipes for a cleaner look. They offer the same nutritional benefits and work the same way in recipes as black chia seeds - the difference is simply their colour. Perfect for baking, sprinkling or blending into everyday meals.



NEW Hemp Flour

Made from finely ground Australian hemp seeds, this light, nutty flour is naturally gluten-free and rich in plant-based protein, fibre and essential fatty acid. Perfect for baking, cooking or everyday recipes.



Perfect for
baking,
cooking

GOODNESS BITES



HEMP FLOUR BREAD

Ingredients:

- 1 cup Hemp Flour
- 1 cup Wholewheat Flour (or oat flour for gluten-free)
- 1/2 cup Almond Meal
- 1 tsp Bi-Carb Soda
- 1/2 tsp salt
- 3 large eggs
- 1/2 cup unsweetened almond milk (or any milk)
- 2 tbsp Olive Oil or melted Coconut Oil
- 1 tbsp honey or Organic Maple Syrup (optional)
- 2 tbsp Hemp Seeds (for topping)

Method:

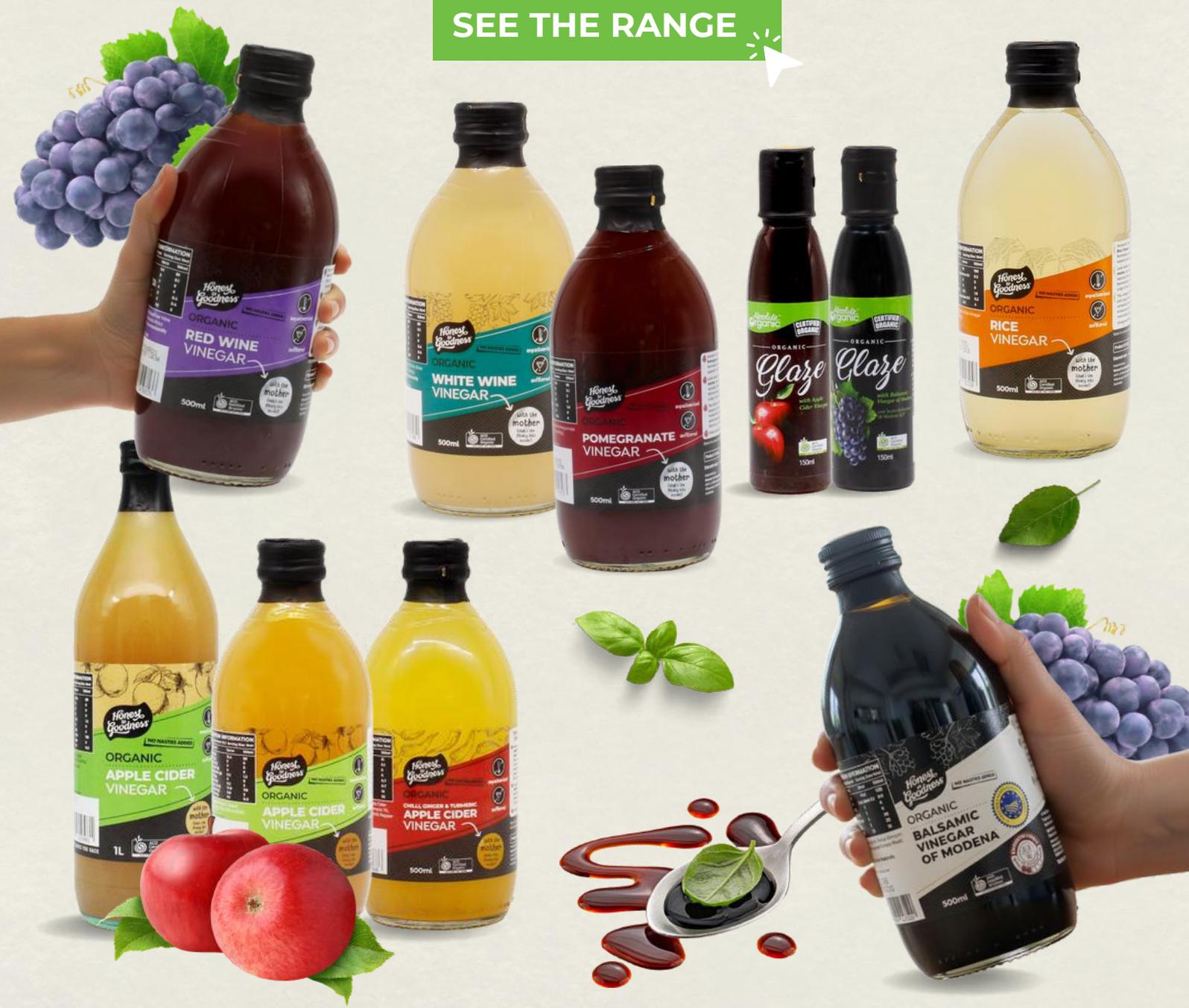
1. Preheat oven to 180°C (350°F). Grease a loaf pan or line with parchment paper.
2. In a large bowl, whisk together hemp flour, whole wheat flour, almond meal, baking soda, and salt.
3. In a separate bowl, beat eggs with almond milk, oil, and honey.
4. Combine wet and dry ingredients, mixing until smooth. The batter will be slightly thick.
5. Pour batter into the prepared loaf pan. Sprinkle hemp seeds on top.
6. Bake for 35–40 minutes, or until a toothpick inserted into the center comes out clean.
7. Let cool for 10–15 minutes in the pan, then transfer to a wire rack to cool completely.

A Splash of Goodness

Bring natural flavour and balance to any dish with Honest to Goodness organic vinegars & glazes.

Made from certified organic ingredients and free from artificial colours, flavours and preservatives, our Italian-sourced vinegars and glazes add natural depth to everyday cooking. Absolute Organic Glazes: rich balsamic or crisp Honest to Goodness Vinegars: deliver the perfect balance of sweetness, tang and glossy finish for roasted vegetables, grilled meats and fresh salads.

SEE THE RANGE



VEGAN • GLUTEN FREE • DAIRY FREE • PLANT-BASED



SEE THE RANGE

LEARN MORE HERE



Make meals
AMAZING

POUR OVER pasta, SPRINKLE ON salad OR SCATTER OVER soup



Pistachios

Bright, vibrant and made for summer snacking - pistachios are having their moment. With their signature green hue and subtly sweet, nutty flavour, pistachios feel right at home in the Australian summer. From beachside grazing boards to chilled desserts and fresh salads, this cheerful nut brings colour, crunch and serious flavour to every dish.



Pistachios are one of the oldest nuts enjoyed by humans, with a history dating back thousands of years. They were once considered a luxury food, served to royalty and traded along ancient spice routes. Over time, pistachios became beloved around the world - not only for their flavour but also for their long shelf life, making them ideal for travel and trade.

Pistachios are edible seeds that grow on the pistachio tree (*Pistacia vera*). These trees thrive in warm climates with long, hot summers - which is why pistachios are grown in regions such as the Middle East, the Mediterranean, the USA and right here in Australia.

Pistachios on trees grow in grape-like clusters, encased in a hard shell that naturally splits open when the nut is ripe. Inside is the iconic green pistachio nut, prized for its delicate sweetness and creamy texture. Pistachios can be enjoyed raw, roasted or transformed into everything from pistachio paste and pistachio butter to pistachio spread, desserts and chocolates.



Whether you're enjoying pistachios by the handful, folding them through a pistachio cake, spreading pistachio butter on warm toast or indulging in pistachio ice cream on a sunny afternoon, this joyful nut proves that healthy and delicious can go hand in hand.

So, here's to wholesome snacking, vibrant flavours and cracking into more pistachio goodness - one shell at a time.

Simple Ways to Enjoy Pistachios

- **Snack them:** Enjoy pistachio nuts straight from the shell for a mindful, crunchy snack.
- **Bake with them:** Add chopped pistachios to cakes, cookies or a soft pistachio cake for colour and flavour.
- **Blend them:** Create pistachio paste, pistachio butter or pistachio spread for toast, desserts or baking.
- **Cool treats:** Pistachio ice cream is a summer classic - creamy, refreshing and totally irresistible.
- **Chocolate pairing:** Pistachio chocolate is a match made in heaven, balancing richness with nuttiness.
- **Savoury dishes:** Sprinkle pistachios over salads, grain bowls or roasted vegetables for extra texture.



FUN FACT
Pistachios are sometimes called the “smiling nut” thanks to their open shells.

Are Pistachios Good For You?

- A good source of healthy fats that support heart health.
- Rich in plant-based protein, making them a satisfying snack.
- High in fibre to support digestion.
- Containing antioxidants that contribute to overall well-being.
- Naturally gluten-free and suitable for a variety of diets.





Discover

Natural Health & Beauty

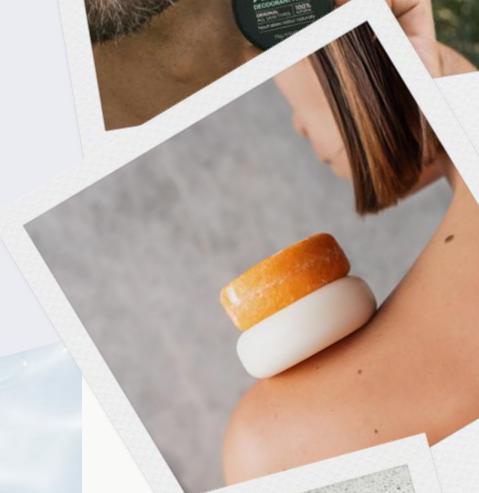
In a world where self-care is becoming less of a luxury and more of a daily ritual, natural wellness offers a gentle yet powerful way to nourish both body and mind. Our Natural Health & Beauty collection celebrates the art of conscious self-care, bringing together pure, organic ingredients designed to elevate your daily rituals while supporting holistic wellbeing.

Carefully curated with integrity and intention, this evolving collection invites you to embrace skincare and body care that works in harmony with nature. From soothing essential oils and mineral-rich bath salts to nurturing scrubs and herbal remedies, each product is selected to help your skin thrive naturally.

Welcoming New Wellness Favourites

We're excited to introduce new additions to our range, including innovative and much-loved formulations from **Cooki, Black Chicken Remedies and SunButter**, with more thoughtfully selected brands arriving soon. Each brand shares our commitment to clean, high-performance natural beauty, blending ethical sourcing with results-driven self-care.

Cooki offers a fresh, modern approach to natural skincare, combining nutrient-rich botanicals with contemporary wellness sensibilities. **Black Chicken Remedies** is widely loved for its holistic, toxin-free formulations designed to support skin health from the inside out. Meanwhile, **SunButter** brings a nurturing focus to sensitive skin, with gentle, plant-based formulations created to comfort, protect and deeply nourish delicate or easily irritated skin. Together, these additions expand our offering, giving you even more ways to personalise your wellness rituals using trusted, consciously crafted products.





ECO-CONSCIOUS • REEF-SAFE • PALM-OIL-FREE • AUSTRALIAN MADE

Protecting people and the planet



SEE THE RANGE

Black Chicken REMEDIES

Australian owned & operated

Free from synthetic chemicals, vegan & cruelty-free



SEE THE RANGE

Award-Winning

COOKI

HAIRCARE

Good hair, clean ingredients, zero plastic. Small changes, big impact.

Plastic-free
haircare

Low-tox, clean
ingredients



SEE THE RANGE

Fun to use
every day





FOREST SUPER FOODS



SUPPLEMENT
CLEAN + CONSCIOUS AWARDS 2025
GOLD WINNER



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The Natural Way to Feel Your Best





Tips When Using Hemp Flour

- Hemp flour absorbs more liquid → If batter feels too thick, add 1–3 tbsp extra milk.
- It creates a more earthy, nutty flavour (pairs nicely with matcha).
- Pancakes may be slightly softer and darker in colour.
- Let batter rest 3–5 minutes before cooking so it thickens properly.



MATCHA SPINACH OAT PANCAKES

Ingredients:

- 1 cup milk (oat milk works well)
- 1 egg
- 1 cup Organic Rolled Oats
- ½ cup Hemp Flour
- 2 tsp Organic Matcha Powder
- Handful fresh spinach
- 2 tbsp Hemp Seeds
- 1 tsp vanilla extract
- 2 tbsp Organic Maple Syrup (or honey)
- ½ tsp Baking Powder
- Pinch of salt

Method:

1. Add all ingredients to a high-speed blender and blend until smooth. Add a little extra milk if batter is too thick.
2. Let batter rest for 3–5 minutes.
3. Heat a lightly oiled pan over medium heat.
4. Pour small pancakes into the pan and cook for 2–3 minutes until bubbles form.
5. Flip and cook for another 1–2 minutes until cooked through.
6. Serve warm with your favourite toppings.

Gozen, a new brand by Carwari, offers a delightful range of food products sourced directly from Japan.



Carwari aims to produce healthy and reliable products to support you in having a healthier and better life. They strive to continuously introduce alternative gourmet food products to people's lives with our wide range of products made from selected ingredients.

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eco
ORGANICS 



DID YOU KNOW?

Sweet Potato is a low GI vegetable meaning that its natural sugars are slowly digested and released into the blood stream.

This helps to maintain steady blood sugar levels resulting in a better overall health.

- Source of Calcium
- Ready in 6-8 minutes
- Vegan
- Gluten Free

✓ ORGANIC ✓ VEGAN ✓ GLUTEN FREE ✓ GMO FREE

ORDER NOW

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goodness.com.au

Honest
to
Goodness®