



FRESH PRODUCTS

Recently harvested and treated properly. 100% usable product that is subsequently packaged to offer consumers high nutrition, convenience and value while still maintaining freshness.

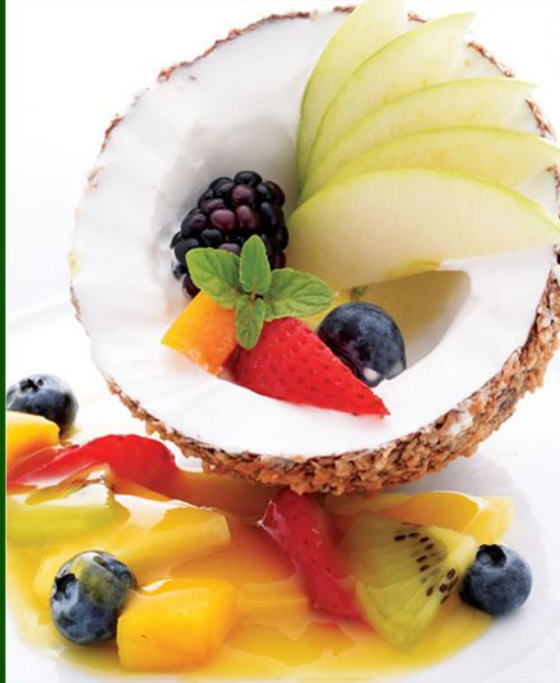
FARM TO TABLE

Designed to change food processing and storage

LOCALLY SOURCED

Consumers that value fresh food and a working landscape should support local farmers by buying their products. The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food.

By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow. That is a matter of importance for food security.



PREMIUM QUALITY

Far from fancy packaging, or celebrity endorsed products, and consumers definition, premium food lies in the quality of its ingredients. High quality ingredients are the single most important factor in making a product premium. The idea of it as a great product along with full transparency about how it's made.

**Fresh. Local.
PREMIUM QUALITY.**



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Natural ingredients are:

- ✓ grown, harvested, raised and processed in an ecological manner
- ✓ not produced synthetically
- ✓ free of all petrochemicals
- ✓ not extracted or processed using petrochemicals
- ✓ not extracted or processed using anything other than natural ingredients as solvents
- ✓ not exposed to irradiation
- ✓ not genetically engineered & do not contain GMOs (genetically modified organisms)

Natural
Ingredients 

Since most of the fruit and vegetables are already grown organically, our support team will work to certify the lands officially so that the plant will produce certified organic liquid products according to the USDA and BIO worldwide bodies.



CULINARY COCONUT MILK 18%

DESCRIPTION

Coconut culinary milk is a white oil-in-water emulsion expressed from coconut meat, very similar to coconut cream but contains more water. A cooking ingredient, with 10-20% fat, found in traditional Indian and Southeast Asian cuisines, often packaged into cans and cartons for frequent consumption in food preparation.

Coconut milk when reconstituted can be a coconut milk beverage combined with other ingredients like coffee, chocolate, juices, a non-dairy alternative. To date Indonesia and Thailand are the world's largest exporters and consumers of coconut milk.

Amount per serving: 71g

Kcal	124	Protein	2
Fats	12	Carbohydrates	3



COCONUT WATER & COFFEE BLEND

DESCRIPTION

Coconut water adds a little bit of natural sweetness to coffee and also adds subtle layers of flavor: nuttiness, a little saltiness, an almost savory quality.

Coffee with coconut water tastes rich in the way that a coffee with added cream might, thank to coconut water's luxurious texture. But unlike dairy, coconut water is hydrating and has that slight saltiness, making it palate-cleansing and refreshing in a way that milky coffee never will be.

Amount per serving: 250g

Kcal	75	Protein	-
Fats	-	Carbohydrates	18

CULINARY COCONUT CREAM 24%

DESCRIPTION

Coconut culinary cream is extracted from coconut meat. It has a white and smooth thick paste like consistency with excellent coconut flavor and has 20-30% fat, packed aseptically in bulk or ready to use.

The product is easily pourable and ready for direct serving or to be used in other food preparation. Coconut cream and milk are generally used as cooking ingredients and making beverages.



Amount per serving: 71g

Kcal	175	Protein	1
Fats	17	Carbohydrates	4

COCONUT WATER & MILK BLEND

DESCRIPTION

This plant-powered coconut milk and coconut water blend is intensely hydrating and super light. Coconut water is higher in sugar and certain electrolytes, while coconut milk is higher in healthy saturated fatty acids.

Benefits:

1. Improves Heart Health by Lowering Blood Pressure and Cholesterol
2. Builds Muscle and Helps Lose Fat
3. Provides Electrolytes and Prevents Fatigue
4. Improves Digestion and Relieves Constipation
5. Prevents Joint Inflammation and Arthritis

Amount per serving: 250g

Kcal	63	Protein	-
Fats	-	Carbohydrates	15





IRONMAN®



COCONUT WATER READY TO DRINK

IRONMAN COCOWATER

It is made from fresh young coconut water, filtered, pasteurized and sterilized to make a naturally hydrating and refreshing coconut juice drink hermetically sealed in PP bottle with its nutritional benefits.

IRONMAN COCOWATER + ELECTROLYTE

It is made from fresh young coconut water and other electrolyte sources, fortified with B-vitamins, filtered, pasteurized, sterilized and hermetically sealed in PP bottles. It assists electrolyte recovery and hydration.

IRONMAN COCOWATER + PROTEIN

It is made from young coconut water with added protein, filtered, pasteurized, sterilized and hermetically packed in PP Bottles. It assists for muscle building.

PACKAGING AND CODING INFORMATION

Packaging size	500 mL
Quantity per case	24 x 500 mL
Primary Packaging	PP Bottle
Secondary Packaging	3-ply corrugated carton
Secondary Packaging Dimensions	415 x 275 x 218 mm
Gross Weight per case	16 kg

STORAGE AND SHIPPING CONDITION

Ambient temperature condition ($\leq 30^{\circ}\text{C}$). Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas.

SHELF LIFE

The product has a shelf life of 12 months from the date of production under storage and shipping condition specified above.

INGREDIENTS

Ironman Cocowater

Young Coconut Water

Ironman Cocowater + Electrolyte

Water, Coconut Water, Sugar, Dextrose, Citric Acid, Sodium Citrate Dihydrate, Sodium Chloride, Natural Lime Flavor, Ascorbic Acid, Vitamin B Premix

Ironman Cocowater + Protein



NON-DAIRY BEVERAGES

Non-dairy beverages are beverages made from plants. Some non-dairy beverages are made from: Soy, Rice, Almonds, Oats, Potato, Hemp.

They are often used when a person does not drink cow's milk or follows a vegan diet that excludes dairy products.

How do non-dairy beverages compare to cow's milk?

Protein in non-dairy beverages

Cow's milk has almost 9 grams of protein per cup. Non-dairy beverages range from 0 to 7 grams of protein per cup.

Calcium and vitamin D in non-dairy beverages

The amount of calcium found in a cup of cow's milk or fortified non-dairy beverages is about the same: 30% to 35% of your daily need.

Sugar in non-dairy beverages

A cup of cow's milk has about 13 grams of natural sugar from lactose. Most non-dairy beverages including soy, hemp, almond, rice & potato beverages are lower in sugar and are lactose-free. However, flavoured non-dairy beverages can contain twice the amount of sugar.

Source: unlockfood.ca

ALMOND MILK BEVERAGE

DESCRIPTION

Recent data estimates that almond makes up over 70% of the plant-based beverage category. Protein is one of those important nutrients. Most almond "milk" contains only 1-2 grams of protein compared to 8 grams of protein per each cup of cow's milk. Almonds alone, for example, do not provide a rich source calcium, in fact, you would have to eat 5 servings (over 100 almonds) to absorb the same amount of natural calcium that is found in one cup of milk.



Amount per serving: 250g

Kcal 125

Fats 18

Protein 3

Carbohydrates 18

COCONUT COFFEE CREAMER

DESCRIPTION

Non-dairy creamer is the product of a plant-based milk. Most is made from coconut available as powdered, liquid and frozen forms. Dairy free coconut milk coffee creamers will transform a regular coffee into a creamy, complex and fullbodied one that is part of everyone's morning routine. Coconut coffee creamer softens the acidic taste of the coffee.

Coconut milk creamer is free from allergens: dairy, lactose, soy, nuts, and grains. It has health benefits that lowers blood pressure and cholesterol, builds muscle and helps lose weight, provides electrolytes and prevents fatigue, and improves digestion. Vegans and lactose intolerants get the advantage of coconut milk creamer as an alternative for dairy-milk that still provides protein.

Amount per serving: 15g

Kcal 27

Fats 3

Protein 0

Carbohydrates 1





COCONUT MILK BEVERAGE

DESCRIPTION

Coconut Beverage Milks are simulated ready-to-drink non-dairy milk beverage consists of coconut milk or cream, water and additives. It can blend with cocoa, coffee, vanilla, fruits and nuts such as almond and cashew. This creates a low fat and a synergistic flavor in one drink that benefits vegan, lactose-intolerant and health conscious people.

Amount per serving: 250g

Kcal	105	Protein	1
Fats	5	Carbohydrates	13



CASHEW MILK BEVERAGE

DESCRIPTION

Cashew milk is a non-dairy milk, which means it contains no lactose. In its most basic form, it's made from filtered water and cashews. Cashew milk is easily digested by most folks who are lactose intolerant.

Amount per serving: 250g

Kcal	108	Protein	3
Fats	10	Carbohydrates	13

CHOCOLATE MILK BEVERAGE

DESCRIPTION

Chocolate milk is sweetened chocolate-flavored milk. ... It can be purchased pre-mixed with milk or made at home by blending milk with cocoa powder and a sweetener (such as sugar or a sugar substitute), melted chocolate, chocolate syrup, or a pre-made powdered chocolate milk mix.



Amount per serving: 250g

Kcal	115	Protein	-
Fats	5	Carbohydrates	13

PEANUT MILK BEVERAGE

DESCRIPTION

Peanut beverage milk is a non-dairy beverage created using peanuts and water. Recipe variations include salt, sweeteners, and grains. It does not contain any lactose and is therefore suitable for people with lactose intolerance.

Similar in production to almond milk, soy milk, and rice milk, the peanuts are typically ground, soaked, sometimes heated, and then filtered through a fine filter: the resulting liquid is considered the "milk".

Amount per serving: 250g

Kcal	133	Protein	3
Fats	10	Carbohydrates	18





FERMENTED AND FUNCTIONAL BEVERAGES

Fermented beverages are complex solutions of thousands of chemical compounds originating from the fruit itself, from the fermentation process, from the yeast and other microbial metabolism during fermentation, and from postfermentation steps (including secondary fermentations and chemical reactions during aging)

A functional beverage is a drink typically intended to convey a health benefit, usually as a panacea or a performance-enhancing substance. Some include ingredients like herbs, vitamins, minerals, nootropics, amino acids, or additional raw fruit or vegetables.

MANGO LASSI

DESCRIPTION

Lassis come in all kinds of flavors, some are salty, some are sweet, some have mint, some have fruit. A mango lassi is basically a yogurt based mango milkshake or smoothie.

Mango lassi is made from yogurt, milk and mango pulp. It may be made with or without added sugar. In some places, it is cold drink consisting of sweetened kesar mango pulp mixed with yogurt, cream or ice cream sometimes sprinkled with nuts on top.



Amount per serving: 250g

Kcal	158	Protein	3
Fats	8	Carbohydrates	20

KEFIR

DESCRIPTION

Kefir is similar to yogurt drink the difference is the beneficial yeast added and the different species of LAB culture used. Lactobacillus kefir and fermenting yeasts are synergistically acting inside the "kefir grains" used to make kefir. The kefir grains are strained from the final product and can be reused to ferment more batches of kefir.

Kefir is also tart like yogurt drinks but the added yeast contributes a unique flavor and makes it sourer than yogurt products.



Amount per serving: 250g

Kcal	158	Protein	3
Fats	8	Carbohydrates	20



DRINKABLE YOGURT

DESCRIPTION

Yogurt drink is a fermented and acidified with viable and well-defined bacteria, creating a thickened, often flavored, product with an extended shelf life beverage. It contains essential nutrients and is a vehicle for fortification (added probiotics, fibers, vitamins, and minerals). Typical cultures of *Streptococcus thermophilus* and *Lactobacillus delbruekii* subsp. *Bulgaricus* are being used to create yogurt and yogurt drinks 7.

It is also easily modified by sweeteners, fruits, and flavors to affect consistency and aroma. Yogurt can also be produced using coconut skimmed milk. It is an non-dairy yogurt drink for people that are lactose intolerant and vegetarians.

Amount per serving: 250g

Kcal	158	Protein	3
Fats	8	Carbohydrates	20

PROTEIN SHAKES

DESCRIPTION

Protein shakes are drinks made by mixing protein powder with water, although other ingredients are often added as well.

They can be a convenient addition to the diet, especially when access to quality high-protein foods is limited.

Although most people don't need them to meet daily protein requirements, they can also be useful if you need to increase your intake for some reason.

Most popular protein shakes are: Whey Protein, Casein Protein, Soy Protein, Hemp Protein, Rice Protein, Pea Protein.

Amount per serving: 250g

Kcal	108	Protein	5
Fats	8	Carbohydrates	13



FRUIT JUICES AND PUREES

Fruite Juice is a drink made from the extraction or pressing of the natural liquid contained in fruit and vegetables. It can also refer to liquids that are flavored with concentrate or other biological food sources

Moderate consumption of 100% fruit juices can make a significant contribution to potassium and some other micronutrients.

Fruit Puree (or mash) is cooked food, usually vegetables, fruits or legumes, that has been ground, pressed, blended or sieved to the consistency of a creamy paste or liquid.

One of the main differences between fruit and purees is that sugars and sweeteners are usually added to purees, which increase calories, and purees often have preservatives.

The fruit peels are also removed so that nutrients, like fiber, don't make it in to the purees. Some of the nutrients that are also lost with the peel are carotenoids, which are strong antioxidants, and have been shown in studies to fight certain types of cancer.



WATERMELON JUICE

DESCRIPTION

Watermelon juice is a refreshing drink that has carbohydrate- and antioxidant-rich fruits during exercise as a means of supporting and enhancing both performance and health is of interest to endurance athletes. Watermelon (WM) contains carbohydrate, lycopene, L-citrulline, and L-arginine. WM may support exercise performance, augment antioxidant capacity, and act as a countermeasure to exercise-induced inflammation and innate immune changes.

Amount per serving: 250g

Kcal	85	Protein	3
Fats	-	Carbohydrates	20



MANGO JUICE

DESCRIPTION

Mangoes have been named the most widely consumed fruit in the world and are abundant in tropical countries. Philippines is one of the countries that produces the best tasting mangoes that makes it a good place leverage in marketing the product.

The flesh of a ripe mango is to be used in making the juice that gives off a very sweet and aromatic flavor and aroma. It is not just a delicious fruit but also an excellent source of vitamins, minerals, and antioxidants. It is to be processed aseptically using the UHT system and packed in tetra packaging.

Kcal	85	Protein	-
Fats	-	Carbohydrates	20

CACAO JUICE

DESCRIPTION

Cocoa pulp contains 80-90% water, 10-15% sugar, 0.4-0.8% citric acid, 1% pectin and other constituents in minute quantity. Cocoa pulp extracted from fresh cocoa beans using cocoa depulper. The selection of cocoa pods is important for the production of quality juice. The most suitable pods will be those three-quarter ripe and yellowish-green in color. The utilization of cocoa is only 10% of the gross weight of cocoa pod; and one of the problems that remain unsolved by cocoa producing countries is finding economic use for the by-products of cocoa. One of the major unutilized by-products is cocoa mucilage (pulp); cocoa pulp is a sweet with a hint of tartness, viscous liquid surrounding the cocoa beans within the pod. On breaking the pod and extracting the beans, the mucilage flows out.

Amount per serving: 250g

Kcal	190	Protein	-
Fats	-	Carbohydrates	48



CALAMANSI JUICE

DESCRIPTION

Calamansi is a fruit native to Southeast Asia. The fruit has properties similar to that of a lemon and lime. Calamansi is scientifically known as Calamondin or Citrofortunella microcarpa. It is extremely sour in taste and used to make calamansi juice.

Calamansi juice for coughs and colds is considered an effective remedy. You can also use it in dipping sauces, or to make ice cream, sorbetes, and jellies.

Having a glass of this juice in the morning improves your skin tone and may also help with weight loss.

Amount per serving: 250g

Kcal	70	Protein	-
Fats	-	Carbohydrates	18





GUYABANO JUICE

DESCRIPTION

Soursop or Guyabano is fruit packed with nutrients and is also from the tropical. Ancestors include it as a medicine. It has a tangy yet sweet flavor and makes a great creamy white juice. It is an excellent source of Vitamin C and good source of antioxidants and fiber.

Amount per serving: 250g

Kcal	70	Protein	-
Fats	-	Carbohydrates	18



PAPAYA JUICE

DESCRIPTION

The many benefits of papaya owed due to high content of Vitamins A, B and C, proteolytic enzymes like papain and chymopapain which have antiviral, antifungal and antibacterial properties. Carica papaya can be used for treatment of a numerous diseases like warts, corns, sinuses, eczema, cutaneous tubercles, glandular tumors, blood pressure, dyspepsia, constipation, amenorrhoea, general debility, expel worms and stimulate reproductive organs and many, as a result Carica papaya can be regarded as a nutraceutical.

The papaya leaf is beneficial of nutrition like its fruit. The results of a critical study showed that the papaya leaves may be used as a complementary drug in dengue fever.

Amount per serving: 250g

Kcal	70	Protein	-
Fats	-	Carbohydrates	18

MANGOSTEEN JUICE

DESCRIPTION

Mangosteen juice was obtained from the extraction of the whole fruit. Mangosteen is a good source of fiber and an excellent source of antioxidants specifically xanthenes. The study reported that xanthenes in mangosteen juice extracted from and pericarp are readily absorbed in the body. Pericarp particles accounted for 1% of the mass and 99% of the xanthone concentration in the juice.

Continuous innovation of the noble food, mangosteen, will not just please the senses but the health of the community too. Being a seasonal commodity, processing it aseptically makes it more available without any preservative used.

Amount per serving: 250g

Kcal	73	Protein	-
Fats	-	Carbohydrates	18



MANGO PUREE

DESCRIPTION

The Carabao mango, the national fruit of the Philippines, is a delicacy and not just a fruit for Filipinos and other nationalities because of its aromatic and sweet taste and smell. It is a good alternative for sugar or dessert intake. It can be easily utilized in cakes, pies, and more with this convenient mango puree aseptically and hermetically processed and sealed, respectively. Its quality organoleptic parameters and shelf life are preserved using the UHT system.

Amount per serving: 250g

Kcal	150	Protein	3
Fats	-	Carbohydrates	38





VEGETARIAN SOUP

“Souping” is the new juicing.

Ready-ToDrink Soup is a delicious boost of pure plant energy. Made from vegetables, vegan superfoods, broths, etc. that gives off a savory treat. It is a delicious smoothie alternative with nutrient-dense vegetables and blended with hydrating coconut to hydrate or sumptuous coconut milk to fuel the body.

Consumers will benefit from the dietary fiber, antioxidants and vitamins in this newest plant-based product trend. It is a readily available, on-the-go nutritious and functional food that can be found on shelves without bowls, spoons and heating needed to consume.



SAVORY WATERMELON SOUP

DESCRIPTION

It is produced using the by-product watermelon rind to create a ready-to-drink soup. It is a creamy yet hydrating on-the-go soup because of the synergy between coconut milk and watermelon rind. It was formulated without stabilizers and processed using UHT system to preserve and withstand ambient storage.

PACKAGING

Packaging Size: 1L
 Quantity per case: 12x1L
 Primary Packaging: Ecolean Packaging
 Secondary Packaging: 3-ply corrugated carton

Amount per serving: 250g

Kcal 110

Protein 3

Fats 5

Carbohydrates 15

CUCUMBER SOUP

DESCRIPTION

Soups are go-to food for a simple yet nutritious meal complementary or can be taken alone. During summer, soups are the least favorite because of its temperature. This chilled vegan cucumber soup will definitely change the norm. It is a good light summer lunch or dinner starter soup. It is a combination of cucumber with fresh dill, onion, garlic and coconut milk. It is smooth, creamy, and cold that is very refreshing and hydrating.

Amount per serving: 250g

Kcal 103

Protein 3

Fats 5

Carbohydrates 13





UBE VICHYSOISE SOUP

DESCRIPTION

The soup is made up of purple sweet potatoes, coconut milk and spices. This will surely entice the palate with its creaminess, hint of sweetness and smoky flavor. It is a good meal alternative because it has carbohydrates and high dietary fiber from purple sweet potato and innate vitamins and minerals that can help the consumer meet the recommended daily intake.

Amount per serving: 250g

Kcal	183	Protein	3
Fats	13	Carbohydrates	15



SPANISH GAZPACHO SOUP

DESCRIPTION

This soup is a refreshing, chilled Spanish tomato soup and a summer delight. It is composed of ripe tomatoes, cucumber, green bell pepper and spices. It is an excellent source of dietary fiber, vitamin A and vitamin C. Opening and consuming this packed all natural, delicious, nutritious and convenient soup will not break a sweat at any time.

Amount per serving: 250g

Kcal	95	Protein	3
Fats	5	Carbohydrates	13

CARROT GINGER SOUP

DESCRIPTION

This healthy carrot ginger soup is made with fresh carrots, coconut milk and hint of fresh ginger. It has a rich creaminess because of the coconut milk added and a hint of tanginess. It can be a daily fix of antioxidants and dietary fiber. It definitely suits and fills the vegetarians and always on-the-go consumers.



Amount per serving: 250g

Kcal	130	Protein	3
Fats	8	Carbohydrates	15

V-10 SOUP

DESCRIPTION

It is called V10 because of the 10 vegetables that make it up. It is composed of spinach, parsley, celery, onion, garlic, beet, carrot, tomatoes, lime and bell pepper that synergistically blends together. It can be served hot or cold.

This soup is composed of 10 different vegetables that will surely cater a lot of dietary fibers for the consumers to complement the recommended daily intake. It can also help with digestion and maintaining the health body.

Amount per serving: 250g

Kcal	58	Protein	3
Fats	-	Carbohydrates	13





CALABAZA WITH MALUNGGAY SOUP

DESCRIPTION

It is a combination of squash and malunggay vegetables to create a ready-to-drink soup. The creamy taste was heightened by the addition of coconut milk extracted from the coconut meat. I was formulated without stabilizers but processed using UHT system to preserve and withstand ambient storage.

PACKAGING

Packaging Size: 1L 350mL
 Quantity per case: 12x1L 24x350mL
 Primary Packaging: Ecolean Packaging
 Secondary Packaging: 3-ply corrugated carton

Amount per serving: 250g

Kcal	78	Protein	3
Fats	3	Carbohydrates	15

SMOKY EGGPLANT SOUP

DESCRIPTION

It is a plant-base soup that has a smooth and creamy texture. The smoky flavor comes from the charred eggplant. It is a convenient low-calorie food that can be drunk hot or cold without sacrificing quality taste and nutrition.

PACKAGING

Packaging Size: 1L 350mL
 Quantity per case: 12x1L 24x350mL
 Primary Packaging: Ecolean Packaging
 Secondary Packaging: 3-ply corrugated carton

Amount per serving: 250g

Kcal	50	Protein	3
Fats	-	Carbohydrates	10



BABY FOOD

Baby Food is any soft, easily consumed food other than breastmilk or infant formula that is made specifically for human babies between four to six months and two years old. The food comes in many varieties and flavors that are purchased ready-made from producers. Or it may be table food eaten by the family that has been mashed or otherwise broken down.

Baby foods are either a soft, liquid paste or an easily chewed food since babies lack developed muscles and teeth to effectively chew. Babies typically move to consuming baby food once nursing or formula is not sufficient for the child's appetite. Babies do not need to have teeth to transition to eating solid foods. Teeth, however, normally do begin to show up at this age. Care should be taken with certain foods that pose a choking hazard, such as undercooked vegetables, grapes, or food that may contain bones. Babies begin eating liquid style baby food consisting of pureed vegetables and fruits, sometimes mixed with rice cereal and formula, or breastmilk. Then, as the baby is better able to chew, small, soft pieces or lumps may be



CREAMED SQUASH

DESCRIPTION

Creamed Squash is appealing to babies because they love its sweet taste. It's a good source of the antioxidant beta-carotene and also has vitamin C, potassium, fiber, folate, B-vitamins, and even some omega-3 fatty acids.

Amount per serving: 110g

Kcal	26
Fats	1

Protein	1
Carbohydrates	7



SWEET POTATO

DESCRIPTION

Beta carotene-rich sweet potatoes are a nutritious addition to baby's diet.

Wholesome sweet potatoes are a classic baby favorite. They're sweeter in flavor, yet still mild, and they take on a fluffy texture when mixed with breast milk or formula.

This veggie is also very versatile; after baby has mastered single-veggie purees, you can mix sweet potatoes with a variety of fruits, other veggies, and meats. Sweet potatoes are available year-round.

Amount per serving: 110g

Kcal	96
Fats	-

Protein	2
Carbohydrates	22

CARROT & POTATO

DESCRIPTION

Potato and Carrot Mash is a delicious replacement for regular mashed potatoes and a fantastic way to up vegetable intake. Great as a side dish or used to top pies. It also makes a great baby puree.

Amount per serving: 110g

Kcal	61
Fats	-

Protein	1
Carbohydrates	12



MANGO

DESCRIPTION

Mango, a luscious tropical fruit, is packed with vitamin A. This tropical fruit tastes great plain. This luscious tropical fruit is a yummy treat for babies who are at least 9 months old.

Amount per serving: 110g

Kcal	80
Fats	-

Protein	1
Carbohydrates	19





PAPAYA

DESCRIPTION

Luscious papaya is filled with folate and vitamin C. Like mango, papaya is a juicy tropical fruit that many babies (at least 9 months old) enjoy.

Amount per serving: 110g

Kcal	58	Protein	1
Fats	-	Carbohydrates	13



YOGURT AND FRUITS

DESCRIPTION

Plain, whole milk yogurt is an ideal choice as a first food for babies as it contains no added sugar, protein, fat, vitamin and minerals, all important for growth and development. According to the American Academy of Pediatrics, babies should get about half of their calories. Yogurt can be blended with fruits.

Amount per serving: 110g

Kcal	78	Protein	1
Fats	1	Carbohydrates	17

BANANA

DESCRIPTION

Bananas are said to improve the immune system and to prevent cough and cold. Potassium-rich banana puree adds creaminess to other fruit purees, and it adds sweetness to yogurt.

Like avocados, bananas have a smooth, squishy texture that's easy for babies to mash between their gums. They're an ideal first fruit after babies have tried several different kinds of veggies; serve the puree plain or mixed with a veggie or baby cereal.



Amount per serving: 110g

Kcal	109	Protein	1
Fats	-	Carbohydrates	25

SPINACH

DESCRIPTION

Toddlers need lots of healthy vitamins, minerals, and fiber for their growth. Packed with iron, zinc, potassium, vitamin A and vitamin C, spinach is a leafy green super food. Spinach offers twice as much fiber as other greens and can help combat toddler constipation by increasing fiber intake.



Amount per serving: 110g

Kcal	25	Protein	3
Fats	-	Carbohydrates	4



CULINARY SAUCES

NON-DAIRY BÉARNAISE SAUCE

DESCRIPTION

s a sauce made of clarified butter emulsified in egg yolks and white wine vinegar and flavored with herbs. It is considered to be a "child" of the mother Hollandaise sauce, one of the five mother sauces in the French haute cuisine repertoire.

The difference is only in the flavoring: Béarnaise uses shallot, chervil, peppercorns, and tarragon in a reduction of vinegar and wine, while Hollandaise is more stripped down, using a reduction of lemon juice or white wine. Its name is related to the province of Béarn, France.



Amount per serving: 30g

Kcal	90	Protein	-
Fats	9	Carbohydrates	-

NON-DAIRY BÉCHAMEL SAUCE

DESCRIPTION

also known as white sauce, is made from a white roux (butter and flour) and milk. It has been considered, since the seventeenth century, one of the mother sauces of French cuisine. It is used as the base for other sauces (such as Mornay sauce, which is Béchamel with cheese).



Amount per serving: 60g

Kcal	214	Protein	-
Fats	-	Carbohydrates	52

NON-DAIRY HOLLANDAISE SAUCE

DESCRIPTION

Formerly also called Dutch sauce, is an emulsion of egg yolk, melted butter, and lemon juice (or a white wine or vinegar reduction). It is usually seasoned with salt, and either white pepper or cayenne pepper.

Hollandaise is one of the five mother sauces in French cuisine. It is well known as a key ingredient of eggs Benedict, and is often served on vegetables such as steamed asparagus.



Amount per serving: 30g

Kcal	66	Protein	1
Fats	7	Carbohydrates	2

DESSERT SAUCES



COCONUT BASED TRES LECHES

DESCRIPTION

A tres leches cake (Spanish: pastel de tres leches, torta de tres leches or bizcocho de tres leches), is a sponge cake—in some recipes, a butter cake—soaked in three kinds of milk: evaporated milk, condensed milk, and heavy cream. When butter is not used, the Tres Leches is a very light cake, with many air bubbles.

Amount per serving: 55g

Kcal 1356

Protein 3

Fats 5

Carbohydrates 21



COCONUT BASED CHOCOLATE FUDGE

DESCRIPTION

Fudge is a type of sugar candy that is made by mixing sugar, butter and milk, heating it to the soft-ball stage at 240 °F (116 °C), and then beating the mixture while it cools so that it acquires a smooth, creamy consistency.

Amount per serving: 30g

Kcal 117

Protein 1

Fats 3

Carbohydrates 23

COCONUT BASED SALTED CARAMEL

DESCRIPTION

Salted caramel is a soft sweet food made from heated sugar and butter or cream, with salt added as a flavouring.



Amount per serving: 30g

Kcal 118

Protein 1

Fats 16

Carbohydrates 15

COCONUT BASED CRÈME ANGLAISE

DESCRIPTION

Crème anglaise (French for "English cream") is a light pouring custard used as a dessert cream or sauce. It is a mix of sugar, egg yolks, oil, and hot milk often flavoured with vanilla. Its name may derive from the prevalence of sweet custards in English desserts.

Amount per serving: 30g

Kcal 102

Protein 2

Fats 9

Carbohydrates 5

