



ISSUE 10

SIMPLY GOODNESS

Winter Warmers



**Bulk Buying
Made Simple**

Smart shopping
starts in bulk.



**Now Distributed
by Honest to
Goodness in
Australia**

**CLEAN +
CONSCIOUS**
AWARDS 2026

FINALIST

Celebrating Clean + Conscious 2026 Finalists

COOKI

HAIRCARE

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

SEE THE RANGE



Plastic-free
haircare

Low-tox, clean
ingredients



New
Additions



A Simpler Kind of Winter

Winter invites us to slow down but real life doesn't always follow suit.

At **Honest to Goodness**, we believe nourishing yourself and your family should feel simple, grounding, and deeply satisfying, no matter the season.

In this issue, we're celebrating wholesome food made easy from comforting pantry staples to everyday essentials that bring warmth and goodness to your table. It's about choosing organic where it matters, embracing real ingredients, and finding balance in the meals you make every day.

Because eating well shouldn't be complicated it should feel natural, achievable, and full of flavour.

Whether you're restocking your pantry or looking for fresh inspiration, we hope this edition helps you nourish, warm, and simplify your winter.



Meet the Finalists!

We're proud to share that 4 Honest to Goodness products have been selected as finalists in the Clean + Conscious Awards 2026!

- ✓ **Best Coffee:** Honest to Goodness Single Origin Colombian Coffee Beans 250g
- ✓ **Best Pantry Staples:** Absolute Organic Extra Virgin Olive Oil 500ml
- ✓ **Best Drinking Cacao/Chocolate:** Honest to Goodness Organic Hot Chocolate Superfood Blend 200g
- ✓ **Best Snacks + Breakfast:** Honest to Goodness Organic Granola Super Seeds & Nuts 450g

**SHOP OUR 2026 FINALISTS
AND 2025 WINNERS!**

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

Your Winter Pantry, Sorted

A well-stocked pantry isn't about having everything it's about having the right things. With just a handful of staples, you can create dozens of nourishing meals without last-minute shopping.

At Honest to Goodness, we believe that real food should be celebrated. Stocking up on bulk organic staples is a wonderful way to live more sustainably and mindfully, but the "goodness" only lasts as long as your storage game stays strong!

Flours

Store flours in airtight containers in a cool, dry place. Wholemeal and nut flours are more delicate, so keeping them in the fridge or freezer helps maintain freshness and prevent them from turning rancid.

Canned & Jarred Goods

Unopened items can be stored in the pantry, while opened jars should be refrigerated and used within recommended timeframes. Always keep them sealed and labelled for freshness.

Nuts & Seeds

Rich in natural oils, nuts and seeds are best stored in the fridge or freezer to keep them fresh and crunchy. Always keep them sealed to avoid exposure to air and moisture.



Proper storage is the secret to keeping your organic wholefoods bursting with flavour, nutrition, and that farm-fresh quality you love. Here is our simple guide to making the most of your pantry.



Dried Fruit

Store dried fruit in airtight containers in a cool, dry place. Refrigeration can help extend shelf life and preserve flavour, especially in warmer climates.

Oils

Keep oils in a cool, dark place, away from direct sunlight and heat. Always seal tightly after use to maintain freshness and prevent oxidation.



Sweeteners

Store in a cool, dry pantry. Once opened, some liquid sweeteners like maple syrup are best kept in the fridge to maintain quality and prevent spoilage.



Dried legumes should be stored in airtight containers in a cool, dark pantry. They have a long shelf life, but for best quality, use within a year and rotate regularly.

Legumes

Grains & Cereals

Keep grains and cereals sealed tightly and away from heat and moisture. For longer shelf life especially in warmer months store in the fridge or freezer to protect their natural oils and nutrients.

Superfoods & Powders

Store superfood powders in airtight containers in a cool, dry place. Some, like protein powders or flaxseed meal, benefit from refrigeration after opening.

Herbs & Spices

Keep herbs and spices in airtight containers away from light and heat. This helps preserve their aroma, colour and potency for longer.



CURRY SEASON





Let's Curry On

A super flavoursome and satisfying curry that the whole family will love - no curry pastes needed!

Coconut & Turmeric Chickpea Curry

Ingredients:

Curry:

- 1 onion
- 3 garlic cloves
- 1 inch fresh ginger
- 2 tbsp [Organic Tomato Puree](#)
- 2 tbsp curry powder, medium
- 2 tbsp grass-fed ghee
- 1 tsp [Organic Garam Masala](#)
- 1 tsp [Organic Ground Ginger](#)
- 1 tsp [Organic Ground Cumin](#)
- 1 tsp [Organic Turmeric](#)
- 1/2 tsp salt
- Pinch of [Organic Chilli Powder](#)
(or more if you like it spicy)
- 400ml [Organic Coconut Milk](#)
- 200ml water
- 2x 400g [Organic Tinned Chickpeas](#),
drained
- 1 large sweet potato, diced

Rice:

- 2 cups [Organic Jasmine Rice](#)
- 3-4 kaffir lime leaves
- 3 tbsp [Organic Coconut Sugar](#)

Method:

To cook the rice:

1. In a large saucepan, bring about 4 cups of water to a boil.
2. Rinse the jasmine rice and add to the saucepan then cover and reduce to a simmer. After 10 minutes, add the kaffir lime leaves and coconut sugar.
3. Once the rice is cooked, remove from the heat and leave covered for about 10 minutes.

To cook the curry:

4. Heat a tbsp of oil in a large frying pan on medium heat.
5. Finely chop the onion and add to the pan. Fry for a few minutes before adding minced garlic and grated ginger. Continue to cook until fragrant and the onion is soft.
6. Add the tomato puree, all the spices, salt and ghee. Stir and cook for a minute until fragrant and it resembles a paste.
7. Now add the sweet potato, coconut milk and water (fill the empty tin halfway for 200ml). Stir and leave to simmer for 10 minutes.
8. Drain the chickpeas and add after 10 minutes. Leave for a further 20 minutes.
9. Serve the curry and the rice in a bowl and top with fresh coriander if desired.



CURRY SEASON





A quick and easy slow cooker meal that's packed full of flavour and perfect for Winter. This Slow Cooker Indian Beef Curry is a family favourite meal and you can easily play around with it to suit what's in the fridge or your budget.

Slow Cooker Indian Beef Curry

Ingredients:

- 600g chuck steak, diced
- 500g sweet potato, peeled and diced
- 120g bag of baby spinach
- 400g Organic Tinned Diced Tomatoes
- 1/4 cup korma paste*
- 2 tsp minced ginger
- 200ml Organic Coconut Milk
- 1/2 cup Organic Dried Green Lentils, soaked overnight in water and drained

*Korma Paste

- 1 tbsp cumin seeds
- 55g (1/3 cup) Organic Raw Cashews
- 60ml (1/4 cup) Organic Tomato Puree
- 1/4 cup chopped fresh coriander
- 2 garlic cloves, crushed
- 2 tbsp Organic Desiccated Coconut
- 1 tbsp Organic Garam Masala
- 3 tsp finely grated fresh ginger
- 2 tsp Organic Ground Coriander
- 2 tsp Organic Paprika
- 2 tsp Organic Ground Turmeric
- 60ml (1/4 cup) vegetable oil

Method:

1. Place the beef and sweet potato into the slow cooker and add the curry paste and ginger and stir to coat. Add the tomatoes, lentils and 1 cup of water and stir to combine.
2. Turn slow cooker onto low for 8 hours or high for 4 hours.
3. Before serving add spinach and coconut milk to slow cooker and stir to combine, replace lid until spinach has wilted.
4. Serve on it's own, or with quinoa, rice or naan.

Korma Paste

1. Place the cumin seeds in a frying pan over medium heat. Cook, stirring, for 1-2 minutes or until aromatic.
2. Blend the cumin seeds, cashews, tomato puree, fresh coriander, garlic, coconut, garam masala, ginger, ground coriander, paprika and turmeric in a blender until coarsely chopped.
3. Add the oil and blend, scraping down the side of the blender occasionally, until a smooth paste forms.
4. To store curry paste, transfer to a clean screw-top jar, cover with a layer of oil and keep in the fridge for up to 1 month.

BULK BUYING



Spend Less, Waste Less

Smart bulk buying is all about balance choose products you already use and store them properly to avoid waste. Staples like rice, oats, flour, beans and pasta offer great value, helping reduce cost per kilo, cut packaging waste and keep your pantry well stocked for less frequent supermarket trips.

Buy What You'll Actually Use

Bulk buying only works when the food gets eaten. Avoid stocking up on products you've never tried before or ingredients you rarely use, as they can quickly become pantry clutter. Start small, then scale up once you know it's a staple in your kitchen.



Store Smart

Store bulk foods in airtight glass or metal containers to keep them fresh and protect against moisture and pests. Clear labelling also helps keep your pantry organised and reduces waste.

Join Group Goodness & Share

Not ready for bulk sizes? Share larger staples with family or friends to save. Unit pricing is often much lower, so a quick comparison helps you spot real value.

[FIND OUT MORE HERE](#)



Deliciously healthy winter warmers are even better when they're super simple to whip up.

HEARTY SOUP

Ingredients

- 2 cups organic vegetable broth
- 1 cup Absolute Organic Sweet Corn
- 1/2 cup Organic Quinoa
- 1/2 cup Organic Lentils
- 1 cup shredded organic kale

Method

1. Boil the quinoa and the lentils in a pan with water for 20 minutes. The quinoa should be light and fluffy and the lentils soft.
2. Then add the quinoa, lentils, sweetcorn, kale and veggie broth to a large pan and bring to a simmering heat for 4-5 minutes
3. Remove from the heat and serve with your favourite crusty bread.



Absolute Organic Organic Sweet Corn 350g

Our Absolute Organic Sweet Corn is tasty and crunchy, packed with many essential vitamins and minerals. Perfect for salads, soups, and side dishes, our convenient 350g jars are filled with the freshest, juiciest kernels.

Certified Organic Bone Broth. Australia's Gut-Healing Superfood

SEE THE RANGE



- Certified Organic & Australian Made
- No MSG, preservatives
- No artificial flavours, fillers
- Gut-First Nutrition

Why Broth of Life?

Broth of Life is Australia's original certified organic bone broth brand, making gut-healthy nutrition easy, accessible, and delicious. Packed with nutrients to support digestion, immunity, energy, and vitality, each product delivers the healing power of traditional bone broth in a convenient, modern format for busy lifestyles.

**TIP:**

To toast the fennel seeds, preheat a small frying pan over medium-high heat. Add the seeds and cook for 2-3 minutes or until they are fragrant and lightly browned.

Quinoa, Amaranth, Roasted Tomato & Bell Pepper Soup

Ingredients:

- 230g/8oz organic whole ripe tomatoes
- 1 medium organic red bell pepper (capsicum)
- 1 large organic brown onion
- 2 organic celery sticks
- 1 tbsp Organic Extra Virgin Olive Oil
- 1 tsp fennel seeds, toasted
- 4 cups (960ml) salt-reduced vegetable stock
- 1/3 cup Organic Red Quinoa
- 1/3 Organic Amaranth Grain
- 1 cup water
- flaked salt to taste
- freshly ground black pepper to taste
- organic flat-leaf parsley to serve
- Organic Extra Virgin Olive Oil to drizzle

Method:

1. Preheat the oven to 180 degrees celsius. Line a flat baking tray with kitchen baking paper.
2. Cut the tomatoes in half, and place them into the baking tray. Quarter and deseed the bell pepper (capsicum), and place the pieces onto the tray. Bake for 1 hour or until the bell pepper is soft, turning the vegetables once during cooking.
3. When the vegetables are ready, remove them from the oven. Place the bell pepper pieces into a plastic bag to cool (this will allow them to sweat a little, which makes it easier to remove the skin), before taking off the skin. Place the tomato and bell pepper flesh into a blender jug and mix until smooth.
4. Finely chop the onion and celery. Heat the olive oil in a large saucepan over medium heat, and add the onion, celery, and fennel seeds. Reduce the heat to low, and cook the mixture for 10 minutes, stirring occasionally. Add the pureed tomato and bell pepper, as well as the vegetable stock. Cover and bring the soup to the boil over medium-high heat. Add the quinoa and amaranth, and cook the soup for 40-50 minutes or until the grains are tender. If the soup begins to thicken too much, add extra water 120ml at a time. Season with salt and pepper to taste.
5. Serve the soup topped with parsley as well as a drizzle of extra virgin olive oil.

Red Lentil & Pumpkin Dhal

Ingredients:

- 1 tbsp [Organic Extra Virgin Olive Oil](#)
- 1 brown onion
- 1/2 tsp ginger
- 2 cloves garlic, crushed
- 1 tsp [Organic Chilli Powder](#)
- 1 tsp [Organic Coriander Powder](#)
- 1 tsp [Organic Cumin Powder](#)
- 2 tsp [Organic Garam Masala](#)
- 1/2 tsp Organic Ground Cardamon
- 1/2 tsp [Organic Cinnamon](#)
- Pinch of nutmeg
- 1/4 of a pumpkin, seeds and skin removed, diced into bite sized pieces
- 2 carrots, chopped
- 2 cups Organic Red Split Lentils
- 1L vegetable stock
- 1 x 400g tin [Organic Diced Tomatoes](#)
- 1 x 400ml tin [Organic Coconut Milk](#)
- 3 limes

Method:

1. Add the oil to a large pot and add the onion, spices, garlic and ginger. Cook until the onion has softened.
2. Add the pumpkin, carrot and lentils and toss to coat in spice mix.
3. Add the stock and tomato and bring to a simmer. Simmer for 30 minutes and then add the coconut milk, stir well and cook for another ten minutes.
4. Squeeze the juice of 2 limes into the dahl and stir. Season to taste.
5. Divide amongst bowls and enjoy!



FISH4EVER

CANNED FISH YOU CAN TRUST

GREAT
THINGS
ARE
COMING!



Fish4Ever is a pioneer in sustainable fishing, offering a "land, sea, and people" approach. We believe in high-quality seafood that doesn't cost the earth, ensuring full traceability from the boat to the shelf.



Naturally
Delicious.

Now
Distributed
by Honest to
Goodness in
Australia



Sustainably
Caught.



READ MORE



The Range

A versatile selection of everyday pantry staples:



The Azores: The Best Tuna Fishery in the World

Fish4Ever tuna is responsibly sourced using selective fishing methods such as pole and line fishing to help protect marine life and ocean ecosystems. Known for its high quality, traceability and great taste, the range offers a sustainable seafood option with a focus on ethical sourcing and simple, natural ingredients.



Sardines & Sprats: Conservas Culture

Fish4Ever sardines are sustainably sourced from small-scale fisheries using traditional fishing methods that support healthy oceans and coastal communities. Packed in high-quality organic oils and sauces, they are rich in flavour, naturally nutritious and carefully prepared for a delicious, sustainable seafood choice.

Mackerel: Only Scottish Boats!

Sustainably caught by small Scottish boats using low-impact methods like pole-and-line fishing. This supports local communities while protecting marine ecosystems. Naturally rich in omega-3 and full of flavour, it's carefully prepared and often paired with organic ingredients for a nutritious, high-quality, and responsibly sourced seafood option.



Highest Quality Cantabrian Anchovies

Fish4Ever anchovies are sustainably sourced using small-scale fishing that supports healthy seas and coastal communities. Traditionally prepared with simple, often organic ingredients, they deliver rich flavour in a nutritious, traceable, and responsibly sourced choice.



Herring

Sustainably-fished, high protein and an excellent source of B vitamins, zinc while low in saturated fat.

VEGAN • GLUTEN FREE • DAIRY FREE • PLANT-BASED



SEE THE RANGE

POUR OVER pasta, SPRINKLE ON salad OR
SCATTER OVER soup



FOOD to NOURISH

Food to Nourish is an Australian wholefood brand creating simple, nutrient-dense products made from real ingredients. Founded by nutritionist Danielle Minnebo, it began as a small home kitchen project and has grown into a trusted range of organic, gluten-free pantry staples designed to make healthy eating easy, honest, and delicious.



THE HEART BEHIND FOOD TO NOURISH

Danielle's passion for nutrition began early, inspired by a love of fresh, whole foods. She studied Health Science and Human Nutrition with a mission to simplify healthy eating and encourage a return to real, nourishing food.

Living with Hashimoto's and PCOS strengthened her belief in food as medicine. That personal experience shapes every Food to Nourish product, recipe, and recommendation with a focus on wholesome ingredients, integrity, and no shortcuts.



- Certified Organic
- Sprouted
- GMO Free
- Wheat free
- Gluten free
- Dairy free
- Grain free
- Soy free
- Nutrient Dense
- Free from artificial colours, flavours & preservatives
- Produced in an ethical & sustainable way

Protein Cookies & Bliss bars

"The food I prepare has to nourish the body and taste delicious. It is this ethos that I carry through into the products I develop for Food to Nourish."

WHY SPROUTED?

Nut Butters



Sprouted ingredients are valued for both their flavour and nutrition. Sprouting helps activate nuts and seeds, making them easier to digest and unlocking more of their natural goodness. They're soaked in water, apple cider vinegar, and salt, then gently dried at low temperatures to preserve delicate oils creating crunchy, nourishing ingredients with delicious flavour.

Mix

Combine your ingredients in minutes and let the wholesome goodness do the rest.



Bake

Pop it in the oven and fill your kitchen with nourishing aromas.

Freeze

Bake ahead and freeze for stress-free school mornings.



Enjoy

Serve up a wholesome lunchbox treat your kids will actually love.





Lunchbox Baking Mixes

A range of ready-to-bake packet mixes made gluten and dairy free. Crafted with almond meal, organic buckwheat flour, brown rice flour, organic coconut flour, and organic coconut sugar to create delicious pancakes, muffins, breads, brownies, and cakes at home.



Baking Mixes



Made with love in Australia



Refined Sugar Free



100% Natural



Gluten Free



Wholefood Ingredients



Dairy Free

It's time to switch gears from nuts to seeds!

Buckwheat



Buckwheat has been cultivated for thousands of years, with origins in China and Central Asia. It later spread across Europe, becoming especially popular in Eastern European countries such as Russia, Poland, and Ukraine.

Buckwheat is often referred to as a nutrient-dense grain-like seed thanks to its naturally rich profile. Despite its small size, it delivers a range of beneficial nutrients that support everyday wellbeing.

Some of the key benefits include:

- **Plant-based protein:** contains all nine essential amino acids, making it one of the few plant foods considered a complete protein.
- **High in fibre:** supports digestion and helps promote fullness.
- **Naturally gluten-free:** making it suitable for those asking is buckwheat gluten free - the answer is yes.
- **Rich in minerals:** including magnesium, manganese, copper, and iron.
- **Source of antioxidants:** such as rutin, which supports heart health.



Valued for its ability to grow in poor soil and cooler climates, buckwheat became an important and reliable crop throughout history. It was often relied upon during times when other grains were harder to grow.

Today, buckwheat is enjoyed worldwide in a variety of dishes - from Japanese soba noodles to porridges, salads, and baked goods made with buckwheat flour.



Here are some simple ways to enjoy it:

- **Buckwheat pancakes:** a popular gluten-free breakfast option made using buckwheat flour for a hearty, nutty flavour.
- **Breakfast bowls:** cook buckwheat groats like porridge and top with fruit, nuts, and honey.
- **Salads and grain bowls:** add cooked buckwheat for texture and plant-based protein.
- **Baking:** use buckwheat flour in muffins, breads, and pancakes for a rich, earthy taste.
- **Savoury dishes:** mix into veggie patties, stir-fries, or stuffings.
- **Noodle dishes:** enjoy soba noodles made from buckwheat for a light yet satisfying meal.



In Japan, soba noodles made from buckwheat are traditionally eaten on New Year's Eve for good luck and longevity.

DISCOVER THE GOODNESS OF BUCKIES

Crunchy, Nourishing & Naturally Versatile



Choose from

- **Coco Berry Clusters**
- **Caramelised Clusters**
- **Rich Cacao Clusters, fruity, award-winning**
- **Classic Activated Buckies**

Buckies are an easy way to add wholesome goodness to breakfasts and snacks. Enjoy them on smoothie bowls, yoghurt, oats, or straight from the pack.

[SHOP THE RANGE](#)

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.

New

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.

SEE THE RANGE

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Group Goodness lets friends, families & communities order together to access **bulk pricing**.



How does group goodness work?

FIND OUT MORE HERE

BUY TOGETHER SAVE TOGETHER

NEW Meet Goodtello

Your new go-to hazelnut spread.

Rich and creamy with 25% roasted hazelnuts and real cacao, delivering classic chocolate flavour without sugar, dairy or seed oils. Naturally sweetened with allulose for a smooth, clean indulgence.

Perfect on toast, in baking or straight from the spoon.



HOT CHOCOLATE BONE BROTH

Gevity Chocolate Bone Broth is a one-stop-shop hot choc everything you need is already in the jar. Sweetener, creamy coconut milk powder, rich cocoa, MCT oil, reishi mushroom and collagen-rich Body Glue all working together in one ridiculously easy drink.

The result? A hot chocolate that's creamy, chocolatey and genuinely good for you. It supports gut health, delivers collagen and glycine, and still tastes like the treat you actually want to drink.

No milk. No extra sweetener. No complicated recipe. Just add water and you're done.

Method:

1. Place 1 heaped tablespoon of Chocolate Bone Broth into your favourite mug.
2. Add hot water
3. Fill the mug with hot water (around 250ml).
4. Froth it up
5. Use your A milk frother or blender blend until smooth, creamy and fluffy.
6. Sip and enjoy
7. Delicious hot chocolate with bone broth benefits, ready in seconds. No milk or sweetener needed.

A CUP OF PLACE

Premium Certified Organic teas. Family owned...locally produced.



Tucked among rolling hills and cool-climate vineyards, the Yarra Valley is quietly redefining what Australian tea can be. Known for its fertile soil, fresh mountain air, and misty mornings, this region offers the perfect conditions for growing tea that is as vibrant in flavour as it is rooted in place.

Why it matters

Choosing Australian-grown tea supports local farmers, reduces food miles, and ensures full traceability from garden to cup. It's a simple switch that makes a meaningful impact one sip at a time.

A moment to savour

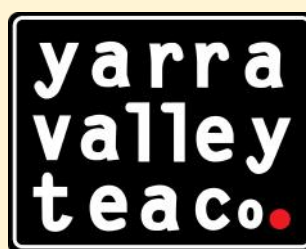
Brewing Yarra Valley tea isn't just about the drink itself. It's about slowing down, appreciating where your food comes from, and creating a ritual that feels both grounding and indulgent. Because sometimes, the most powerful thing in your cup is the story behind it.

From leaf to cup

Unlike mass-produced teas, Yarra Valley tea is cultivated on a smaller scale, allowing for greater attention to detail at every stage. The result is a clean, nuanced brew fresh, aromatic, and distinctly local. Whether it's a delicate green tea or a more robust black, each cup carries subtle notes shaped by the valley's unique climate.



SEE THE RANGE



SWEET BY NATURE

BERRINGATM

SWEET BY NATURE: DISCOVER BERRINGA

From pristine Australian landscapes comes Berringa – a trusted honey brand dedicated to producing pure, high-quality Australian honey. Known for its premium Manuka range, Berringa works closely with local beekeepers to create products that celebrate the natural goodness of Australia's unique flora. Their Manuka honey is independently tested and graded using the MGO system, a recognised measure of Manuka potency and quality.



Australian Manuka Honey MGO 60+ Easypour 400g

Smooth, rich and naturally sweet, this mild-strength Manuka honey is perfect for everyday enjoyment. Drizzle over porridge, spread on toast, stir into warm drinks or use anywhere you'd normally enjoy honey. The convenient easypour bottle makes it a family-friendly pantry staple.



Australian Manuka Honey Lozenges

Made with Australian Manuka honey and individually wrapped for convenience, these soothing lozenges are perfect to keep in your bag, desk drawer or travel kit. Available in both classic Manuka and refreshing Ginger & Lemon varieties, they deliver a comforting burst of honey wherever you are.



Australian Pure & Natural Honeycomb 200g

Straight from the hive, Berringa Honeycomb offers an authentic honey experience. With its delicate texture and naturally sweet flavour, it's delicious served on cheeseboards, paired with fresh fruit, or simply enjoyed by the spoonful.

Whether you're looking for a pantry essential, a soothing honey treat, or a unique gourmet indulgence, Berringa brings the pure taste of Australian honey to every moment.

SEE THE RANGE



FIND YOUR PERFECT PROTEIN MATCH

Protein powder isn't just for gym-goers. It's a simple and convenient way to support everyday nutrition, helping you stay fuller for longer, support muscle recovery and top up your daily protein intake when life gets busy.

Not all protein powders are created equal, so choosing the right one comes down to your lifestyle, dietary needs and personal preferences.

HEMP PROTEIN

Looking for a wholefood option? Hemp protein delivers protein alongside fibre, healthy fats and key minerals such as magnesium and iron. Its mild nutty flavour makes it perfect for smoothies, baking and everyday nourishment.

PLANT-BASED PROTEIN

Made from ingredients like pea, hemp, brown rice and pumpkin seeds, plant-based proteins are naturally dairy-free, vegan-friendly and often easier to digest. They're a great option for those with dietary sensitivities or anyone looking for a more sustainable choice.

NEW WHEY PROTEIN

Derived from milk, whey is a complete protein containing all nine essential amino acids. It's fast absorbing and popular for supporting muscle recovery and active lifestyles. Honest to Goodness Organic Whey Protein is made from grass-fed New Zealand dairy and contains naturally occurring BCAAs for muscle support.



The best protein powder is the one that fits seamlessly into your routine. Whether you prefer a plant-powered blend, nutrient-rich hemp or clean whey protein, there's a wholesome option to help you reach your nutrition goals.



HOW TO CHOOSE WHEN COMPARING PROTEIN POWDERS, LOOK FOR:

- 15-20g+ protein per serve
- Simple ingredient lists
- Minimal additives and sweeteners
- A protein source that suits your dietary needs
- A taste and texture you'll enjoy using regularly



High Protein Chocolate & Date Mousse

Ingredients (Serves 3):

- 150g Organic Pitted Dates
- 60g Organic Black Chia Seeds
- 30g Organic Cacao Powder
- 400g Greek Yogurt (0% fat)
- 150ml Milk of your choice (Dairy or Plant-based)
- 1 Scoop Whey Protein Powder
- 5g Natural Vanilla Extract
- Pinch of Sea Salt

Method:

1. **Blend:** Add the dates, cocoa powder, yogurt, milk, protein powder, vanilla, and salt into a high-speed blender. Blend until the mixture is completely smooth and creamy.
2. **Combine:** Pour the mixture into a bowl or individual glass jars and stir in the chia seeds until evenly distributed.
3. **Set:** Place in the refrigerator for at least 2 hours (or overnight) to allow the chia seeds to hydrate and the mousse to set to a thick consistency.



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.

SEE THE RANGE



Tempeh Miso Teriyaki

Ingredients:

- 250g Tempeh - sliced & steamed for 10 mins
- 4 tbs Carwari Organic Mirin
- 1 tbs Carwari Organic Miso Red
- 2 tbs Carwari Organic Tamari
- 2 tsps Carwari Organic Rice Vinegar
- 1 tbs Organic Agave Syrup
- 2 tsps Organic Ginger Paste
- 1/2 cup water
- 2 tsps Corn Flour
- 1 tbs Water

- Cooked Brown Rice
- Stir-fried beans
- Green onions - chopped

Method:

1. Make marinade sauce. Mix Carwari Organic Miso Red, Organic Ginger Paste, Carwari Organic Tamari, Carwari Organic Rice Vinegar, Organic Agave and water in a jug.
2. Put the tempeh in an airtight container and pour the marinade sauce. Marinate in a fridge for a few hours.
3. Just before cooking combine corn flour and water in a small bowl.
4. Put the tempeh and the marinade sauce into a pan and cook over medium heat.
5. Once it's heated up add the corn flour mixture. Keep stirring until the sauce thickens.
6. Serve over cooked brown rice and stir-fried beans. Sprinkle chopped green onions on top.



Yuzu Koshu Dressing with Green leaves and Pear Salad

Ingredients:

Dressing

- 2 to 3 tsp Carwari Organic Yuzu Koshu
- 2 tbs Carwari Organic Extra Virgin Sesame Oil
- 1 tbs Organic Brown Rice Vinegar
- 1 tsp Organic Agave Syrup

Salad

- 2 cups green leaves - rocket leaves or kale (remove stem, blanch and pat dry well with paper towel)
- 1/2 pear - sliced

Topping

- Organic Walnuts

Method:

1. Make the dressing. Put all ingredients in a clean jar and shake.
2. Pour the dressing over the salad and sprinkle walnuts.





FOREST SUPER FOODS

SUPPLEMENT
**CLEAN +
CONSCIOUS
AWARDS 2025**
GOLD WINNER



SEE THE RANGE

The Natural Way to Feel Your Best



goodness.com.au

