



olives&burgers
healthy café

Exotic
Pleasures
for Healthy
Conscious
Luscious
Taste Lovers





Μούρα Acai



Μούρα Goji



Lucuma



Maca

ORGANIC CHOCOLATE POWDER

Raw chocolate is a named food of the ancient Latin American gods

Chocolate Powder is made by compressing the raw cacao beans and extracting the fats to leave a concentrated chocolate powder (cocoa). Cocoa is one of the most complex substances containing over 300 nutritional compounds with immeasurable benefits. It is rich in nutrients, enzymes, feeling good minerals and stress bursting antioxidants.

We use it raw. This means that it is heated below 47 Celsius, the temperature over which compound structures break and nutrients lose their full benefits. It is important not to confuse the raw cocoa powder with the ready-made commercial powdered drinking chocolate that is a combination of chocolate powder, sugar and powdered milk.

Add our chocolate powder to all your favorite smoothies, teas, coffee mixes, protein drinks, desserts or anything else you can think of. Just one or two spoonfuls can transform any recipe into a healthy chocolate treat!

ACAI BERRIES

Acai berries, a bundle of antioxidants wrapped up in a miraculous purple berry from the Amazon rain forest.

Acai berries contain an incredibly high concentration of antioxidants, nature's pharmaceutical against aging. Its antioxidants' concentration is 10 times higher than those in red grapes and up to 30 times more than the anthocyanins in red wine. It is an important source of amino acids, omega fats, electrolytes and vitamins including A, B1 and vitamin E.

Acai Powder can flavor and improve the nutritional value of any cold drink such as smoothie or juice. In addition, one can also add acai powder into cereals or yogurt.

GOJI BERRIES

Goji Berries, eye protection from nature's pharmacy

Gojis are red berries that look like red raisins. They are rich in antioxidants, particularly carotenoids such as beta-carotene and zeaxanthin. One of zeaxanthin's key roles is to protect the retina of the eye by absorbing blue light and acting as an antioxidant.

Eat them raw! A small handful a day will do or add some to your cereals or trail mix.

Tea: Goji berries can be used to brew in tea. You can add a handful of goji berries to a big glass of hot water and let sit for 5 to 10 minutes. You can drink the tea and eat the berries which are loaded with antioxidants.

CHIA SEEDS

Chia seeds are nature's minuscule nutrient-packed dynamite food from the Ancient Aztec's food palate.

The Chia Seed is one nutrient-packed little seed! It is probably the highest source of essential omega-3 alpha-linolenic acid found in nature. It contains more protein, and more fiber than any other whole grain. It is an excellent source of calcium, phosphorous, magnesium, potassium, iron, and zinc.

Adding just 2 tablespoons of chia seeds to your daily diet will give you approximately

7 grams of dietary fiber, 4 grams of protein, 205 milligrams of calcium, a whole list of vitamins and minerals, and a 5.2 grams of omega-3 that is about 5 times more omega 3 than you get in most supplement capsules.

How to use them

1. **Whole or crushed** seeds can be sprinkled over foods or drinks or make a chia gel
2. **Add chia gel to your foods**
3. **Maximum dosage 2 tablespoons of chia seeds per day**

How to make Chia gel:

1. Use 1 part of seeds and 9 part of water
 2. Put the water in a container and slowly stir in the seeds
 3. Wait 5 min then stir again
 4. Wait 10 min then stir for the last time
- The gel lasts up to 14 days in the fridge

Introduce them in your diet gradually and avoid exceeding the recommended dosage. Excessive use can cause bloating and lowering of blood pressure.

MACA

Maka, the amazing Peruvian life-sustaining, libido-awakening root plant

Maca is a root plant found in the South American Andes, also known as the 'Peruvian ginseng'. It is consumed as a food and for medicinal purposes. Natives use it as part of their daily food intake. It has life-sustaining, energizing and libido enhancing properties.

Maca can be added to juice, cereal, milk etc. The recommended daily intake is 1.5-2 grams. It is better to be consumed in the morning.

LUCUMA

Lucuma, the sweet fruit the Incas named Gold

Lucuma Powder is a raw, gourmet, low-glycemic sweetener that creates a rich and creamy texture. It is very nutritious and has high levels of carotene, vitamin B3, carbohydrates, fiber, vitamins and minerals.

Lucuma can be used as a natural sweetener. You can add lucuma powder to your desserts, smoothies and ice creams.

COCONUT PALM SUGAR

Coconut palm sugar, nature's healthy sweetener

Coconut palm sugar is the crystallized nectar of the tropical coconut palm tree blossom.

It has a low glycemic index and is a source of essential vitamins and amino acids. It is especially high in Potassium, Magnesium, Zinc and Iron and is a natural source of the vitamins B1, B2, B3, B6 and C.

Coconut palm sugar can be used as a natural sweetener. Substitute equal parts of refined white sugar with palm sugar in your baking recipes.

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