



# Starseed®

healthy eats booklet

**Starseed Sacha Inchi recipes for an active, healthy and indulgent life**

**Sacha Inchi is a nutrient dense superfood from the Amazon rainforest of Peru. Consumed since ancient pre-incan times, Sacha Inchi is grown sustainably and organically by Amazon Health Products and carefully processed under strict quality controls to preserve its superb nutritional properties.**



## OUR Starseed® SACHA INCHI PRODUCTS

### STARSEED SACHA INCHI OIL:

Plain and simple. The tastiest, most stable and cleanest source of Omegas and Antioxidants.

- Omega 3: 48%
- Omega 6: 33%
- Omega 9: 9 %
- 2,000 ppm of tocopherol, naturally
- Cold pressed, extra virgin oil
- 2 year shelf life
- Heat stable
- Not an allergen

### STARSEED SACHA INCHI OIL POWDER:

Our Sacha Inchi cold pressed oil, but in powder form.

It is an excellent source of Omegas for dry formulas and recipes.

- 30% Omega 3
- 20% Omega 6
- 5% Omega 9
- 2 year shelf life
- Soluble and mild
- Non-GMO
- Not an allergen

### STARSEED SACHA INCHI POWDER:

It is an easily digestible rich source of complete plant protein, with all essential amino acids.

- 60% complete protein
- Contains ALL essential amino acids
- Rich source of tryptophan (the feel good amino acid)
- Soluble and mild taste
- Natural, non-isolated plant protein
- Gluten free
- Not an allergen

### STARSEED SACHA INCHI SEEDS:

This is the most nutritious and most savory bite, that tastes and looks like a nut but is really a seed.

- 23% Omega 3
- 30% complete protein
- All essential amino acids
- Not an allergen
- Gluten free
- Non-GMO
- Snack size seeds for versatile use (bars, granolas, trail mixes, "nut" butters, natural and flavored snacks, etc.)



## SHAKES / SMOOTHIES

### BERRIES AND ORANGE PROTEIN SMOOTHIE

(Serves: four 8oz. glasses)

Ingredients:

- 150 g. strawberries
- 250 g. blue berries
- 1 ½ cup orange juice
- ½ cup almond milk or your vegan milk of preference
- 2 tbsp. chia seeds
- ¼ cup starseed sacha inchi powder

Method:

Blend everything until smooth. Add some ice cubes if you like.

### MANGO GINGER ORANGE PROTEIN SMOOTHIE

(Serves: four 8oz. glasses)

Ingredients:

- 300 g. mango
- 1 ½ cup orange juice
- 10-20grs. ginger, peeled
- ¼ cup starseed sacha inchi powder

Method:

Blend everything until smooth. Add some ice cubes if you like.

### SACHA INCHI, MACA AND CHOCOLATE PROTEIN AND OMEGA SMOOTHIE\*

(Serves: four 8oz. glasses)

Ingredients:

- 80 g. chocolate powder or cacao nibs
- 1 ½ cup almond milk
- 30 g. gelatinized maca powder
- ¼ cup starseed sacha inchi powder
- 1 tbs. starseed sacha inchi oil

Method:

Blend everything until smooth. Add some ice cubes if you like

\*Recipe from Peruvian chef Maria Christina Roca.



## ENERGY BARS / HEALTHY SNACKS

### SACHA INCHI PROTEIN AND OMEGA BAR

#### Ingredients:

- 1 kg. oat meal flakes
- ½ tbsp. cinnamon powder
- ¼ tsp. natural salt
- 280 g. starseed sacha inchi oil
- 320 g. honey
- 80 g. dried golden berries, chopped
- 80 g. starseed sacha inchi seeds, chopped

#### Method:

Preheat oven at 180 C° (or 350 F °). Combine oats, cinnamon and salt in a bowl (mix 1). Grind only half of the mixture in a food processor. Combine honey and oil with a whisk (mix 2). Combine Mix 1 and 2. Add chopped Starseed Sacha Inchi Seeds and chopped Golden Berries. Put some silicon oven mats on top of an oven tray. Add the mixture on 1 or 2 trays. It has to be tight and pressed. Bake for 15-20 minutes. After 10 minutes of baking, cut the mix into bars. Bake for 8-10 more minutes. Let cool down. If you like, you can dip them in melted chocolate and let cool for a chocolate coated bar.



## SACHA INCHI CHOCOLATE POWER BAR

(WITH PROTEIN AND OMEGAS)

### Ingredients:

- 280 g. starseed sacha inchi seeds
- 1/4 cup sesame seeds
- 1/2 cup starseed sacha inchi powder
- 2 tbsp. maca powder
- 1/3 cup raw cacao powder
- 1/2 cup honey
- 1 tbsp. starseed sacha inchi oil
- 1/2 tsp. natural salt

### Method:

In a food processor add the Starseed Sacha Inchi Seeds until its fine grounded. Add all the rest of ingredients and process until everything is evenly combined. Put the dough into a bowl. Cover with plastic wrapping paper and put in the fridge for a couple of hours. Put the dough on top of parchment paper. Make it flat into a rectangle of 1cm thick. Fold the parchment paper, so you wrap up the rectangle and then put in the freezer for couple of hours. Cut in squares or smaller rectangles and serve or keep in the freezer.





## SACHA INCHI PROTEIN AND OMEGA BALLS

### Ingredients:

- 280 g. starseed sacha inchi seeds
- ½ cup sesame seeds
- 1 cup starseed sacha inchi powder
- ½ cup honey
- 1 tbsp. starseed sacha inchi oil
- ½ tsp. natural salt
- ½ tsp. cinnamon powder
- ¼ tsp. clove powder
- 1/8 tsp. ginger powder

### Method:

In a food processor add the Starseed Sacha Inchi Seeds until its fine grounded. Add all the rest of ingredients and process until everything is well combined. Put the dough into a bowl. Cover with plastic wrapping paper and put in the fridge for a couple of hours. Roll small balls and put in the freezer so they keep nice and cold or keep in the fridge.

## SACHA INCHI AND GOLDEN BERRIES GRANOLA

### Ingredients:

- 1 kg. oat meal flakes
- ½ tbsp. cinnamon powder
- ¼ tsp. natural salt
- 1/3 cup starseed sacha inchi oil
- 2 ½ cups honey
- 100 g. starseed sacha inchi seeds
- 30 g. inca golden berries, dried

### Method:

Preheat oven at 180 C ° (or 350 F°). Mix 1: Combine oats, cinnamon and salt in a bowl (mix 1). Then combine honey and Starseed Sacha Inchi Oil with a whisk (mix 2). Combine mix 1 and 2. Put some silicon oven mats or parchment paper on top of an oven tray. Add the granola mixture on 1 or 2 trays. Bake for 15-20 minutes. Once 10 minutes of baking passed, mix the granola on the tray with a wooden spoon. Bake for 8-10 more minutes. Let cool down. Once cool, add Starseed Sacha inchi Seeds and golden berries. Save on a tight glass jar.





## DRESSINGS, SOUPS, SAUCES, AND DIPS

### SACHA INCHI OIL, THYME AND APPLE CIDER SALAD DRESSING

#### Ingredients:

- ¼ cup apple cider vinegar
- 1/3 cup starseed sacha inchi oil
- 4 units garlic cloves, roasted
- 2 tbsp. thyme, leaves fresh
- Natural salt, to taste
- pink pepper, to taste

#### Method:

Blend everything and serve with salad or reserve in the fridge

### VEGGIE BROTH RAMEN NOODLE SOUP WITH SHIITAKE MUSHROOM AND SACHA INCHI OIL\*

#### Ingredients:

- 4 cups water
- 1 cup dried shiitake mushroom
- 1 whole carrot for broth, chopped
- 1 shredded carrot for topping
- 4 celery sticks for broth
- 2 scallion sticks for broth
- ½ cup scallions chopped for topping
- 2 tomatoes for broth
- 50 g. ginger sliced for broth
- 1 tbsp. soy sauce for broth
- 1 tbsp. rice wine vinegar for broth
- Handful of cilantro for topping
- Ramen noodles
- Nori sheet cut in small sheets for topping
- Starseed sacha inchi oil

#### Method:

Hydrate Shiitake mushroom in hot water for 1-2 hours. Remove Shiitake mushrooms and chop them for topping before serving. Combine 4 cups of water with water used for soaking mushrooms. Also add veggies to water mix and bring to boil. Simmer for 15 minutes, or until soft. Add soy sauce and rice wine vinegar to broth. Simmer for 15 minutes. Remove boiled veggies and keep only liquid broth. Follow ramen noodles cooking instructions as per its package. Mix together noodles, soup and chopped scallions, chopped shitake mushroom and chopped cilantro. Add Starseed Sacha Inch Oil, and fresh lime juice to taste.

\*This recipe from Peruvian chef Maria Christina Roca.

## SACHA INCHI SAUCE FOR VEGAN (OR NOT) SATAYS

### Ingredients:

- ½ cup starseed sacha inchi seeds
- ¾ cup coconut milk
- ½ tsp. turmeric powder
- ¼ tsp. cumin powder
- 1 unit garlic , small clove
- Fresh cayenne pepper or any chili you like, to taste
- ¼ tsp. ginger grated
- 1 ½ tbsp. soy sauce
- ½ tsp. raw cane sugar
- ½ - 1 unit lime, juice
- Salt to taste (if necessary)

### Method:

Mix everything in a food processor.





## SACHA INCHI AND BASIL PESTO SAUCE AND PASTA

### Ingredients:

- ½ cup basil, blanched and drained
- ¼ cup extra virgin olive oil
- ¼ cup starseed sacha inchi oil
- ¼ cup starseed sacha inchi seeds
- 3 units garlic cloves, roasted
- Whole grain pasta
- Coarse natural salt
- Black pepper

### Method:

Blend everything in a blender until the desired consistency. Mix with Pasta.



## DESSERTS

### APPLE AND RASPBERRIES SACHA INCHI CRUMBLE

#### Ingredients:

##### Crumble:

- $\frac{3}{4}$  cup oat flakes
- $\frac{1}{2}$  cup starseed sacha inchi powder
- $\frac{1}{2}$  cup amaranth flour
- 3 tbsp. raw cane sugar
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tbsp. starseed sacha inchi oil

##### Filling:

- 2 cups apple, peeled, cored and diced
- 1 cup raspberries
- 3 tbsp. raw cane sugar
- Pinch of natural salt
- 2 tbsp. corn flour

##### Method:

##### Filling:

Combine all ingredients in a bowl. Set aside while you mix the crumble

##### Crumble:

Combine all ingredients in a bowl with a fork until they incorporate well together

- Ensemble
- Preheat oven at 180 C°
- Divide the filling mixture among individual ramekins or small pyrex
- Put on top of each, the crumble
- Bake for 15-20 minutes , last couple of minutes you can turn on the grill



## CHOCOLATE, SACHA INCHI AND BANANA CAKE

**Serves: 1 rectangular cake**

**Ingredients:**

- 1 cup whole wheat flour
- 1 cup all-purpose white flour
- 1/3 cup wtarseed sacha inchi powder
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. natural salt
- 1/3 cup + 1 tbsp. raw cacao powder
- 200 g. banana, in slices
- 1 cup raw cane sugar
- 1 unit. egg
- ½ cup starseed sacha inchi oil
- 1 cup almond milk or your vegan milk of preference
- 1 tsp. apple cider vinegar

**Method:**

Combine in a bowl all the dry ingredients. Reserve aside. Combine in a small bowl vegan milk and cider vinegar. Leave aside. Blend the banana, raw cane sugar, egg and Starseed Sacha Inchi Oil. Once well blended, add the milk and vinegar mixture. Combine in the wet ingredients with the dry ones. In a blender or with a whisk. Pour into the oven cake tray with parchment paper and bake for 40-45 minutes approx. at 180C° (or 350 F°).

Recipes (except those noted with an \*) are creations of Peruvian Chef Brisa Deneumostier. As a graduate of the Culinary Institute of America at Hyde Park, NY, she has worked in restaurants and private fine cuisine projects around the planet, including the world renowned Noma in Denmark.

*"I understand that food is medicine and medicine is food... This is why my intention is to nurture the mind, body and soul, and to promote the harmonious relationship between human beings and other living creatures".*  
Brisa.

Her approach to mindful nutrition is well aligned with the principles guiding Amazon Health Products as we seek positive change for our planet and lives.



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