



CLEAN LIVING.
SIMPLE RECIPES.

madhava®



Meet the New Madhava

Our products have always been clean, now they look the part.

Our pursuit of purity and authenticity dates back to 1973 and the origin of Madhava, when we first started making honey. Though we've expanded over the years to include agave, coconut sugar and olive oil in our family of products, we've never wavered from that initial commitment to sourcing the finest ingredients nature has to offer. We simply don't believe in artificial ingredients or additives. Never have, and never will.

We're obsessive and we know it.

Our partnership with the Clean Label Project (CLP) means that Madhava methods are double and triple checked to ensure that no environmental or industrial contaminants find their way into any of our products, preserving the taste and quality you expect.

Our dedication to the best quality, clean, organic ingredients has always been our guiding principle. Madhava's tested products have received Clean Label Project awards for Purity, Authenticity and Antioxidant Superiority, which back up our long-held philosophy.

Our heart is on our sleeve.

Our new labels and packaging will proudly bear these hard-earned seals of approval. Now you can see that transparency every time you reach for a Madhava product.

"Bees can fly up to six miles in one day, making it difficult to keep organic honey free from pesticides. We source our Organic Honey from wildflower fields in Brazil and Mexico, miles away from contaminant sources."







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BLACK SESAME
BLUEBERRY SMOOTHIE

Why Do Clean & Pure Ingredients Matter?



In a world where consumers prize purity above all else, Madhava delivers.

With so many news reports and rumors about contaminants making their way into foods labeled as “all natural,” it’s becoming increasingly important to consumers that they feel confident the foods they buy are exactly what the labels say they are. Madhava’s partnership with the Clean Label Project ensures that all Madhava products meet not only our own rigorous purity standards, but yours as well. But why is that so important?

Environmental and industrial contaminants are becoming more prevalent in the U.S. food system.

If someone offered you a glass of juice but told you it had a little arsenic in it, would you drink it? Of course not. However, people do ingest arsenic, lead, cadmium, mercury and other heavy metals unknowingly every day, as small amounts of these contaminants increasingly make their way into our foods. Industrial pollution from manufacturing plants, agricultural runoff and pesticides leach their way into the surrounding environment through the air and water. When crops in a nearby farm take up those toxins as they grow, they contaminate the plant from within, meaning they can’t be washed off. If the end product isn’t properly tested, those contaminants can make their way right into your kitchen. Heavy metals and pesticide residues in foods have been shown to have harmful effects on people, particularly children.

Extra Virgin Olive Oil Infusions

Bring delicious herbs into any meal by making an EVOO infusion. Get creative and discover your favorite flavors to pair with salads, breads or vegetable dips. Our go-to herb is rosemary, perfect to pair with sweet or savory salads.

INSTRUCTIONS

- 1 Combine all ingredients in a small-medium saucepan.
- 2 Cook on low temperature and bring to a simmer. Let simmer for 5 minutes.
- 3 Transfer to bowl, seal and cover. Store in refrigerator for up to 1 month.

SERVINGS: 1 BOTTLE
COOK TIME: 20 MIN

ITALIAN-INSPIRED EVOO

- 1 cup Madhava Extra Virgin Olive Oil
- 6 Fresh Rosemary Sprigs
- 6 Fresh Thyme Sprigs
- 1 Lemon, juiced

.....
This flavor packed classic combination of rosemary and thyme complimented perfectly with a pop of fresh lemon juice will take a basic garden salad from blah to huzzah.
.....

SPICY PEPPER OIL

- 1 cup Madhava Extra Virgin Olive Oil
- 2 tbsp Red Chili Flakes

.....
This spicy oil is perfect for drizzling on top of soups, curries and more. Or you can use it as a base for cooking onions and garlic to give your dish a spicy kick without overpowering the flavors.
.....

GARLIC SAGE OLIVE OIL

- 1 cup Madhava Extra Virgin Olive Oil
- 6 Fresh Sage Leaves
- 2 Whole Cloves of Garlic

.....
We love to use this infusion for pasta dishes to give any dish extra depth without extra work. It pairs perfectly with roasted veggies like squash, brussels and sweet potatoes — just to name a few!
.....



madhava
clean & simple

Purity From the Ground Up: Madhava Organic Extra Virgin Olive Oil

How do you know you're getting the purest olive oil? Go to the source.

THE PROBLEM

A few years ago, one of the most shocking food scams hit the newsstands: Not all olive oils were exactly what their artful labels claimed them to be. The olive oil market, in the United States especially, had been flooded with low-quality, falsely-marked oils that were either much lower quality olive oils, blends of lesser vegetable oils cleverly disguised by coloring and scent, or in the worst cases, oils made from old, rancid olives. So, what's the average consumer to do?

KNOW THE SOURCE

Because we stand behind the purity and quality of all Madhava products, we took the time to seek out and partner with organic farmers who practice the core values we believe in: doing good for people and for the earth. Thus, we sourced our deliciously pure, golden olive oil from small farms in the Mediterranean, all certified 100% organic.

The Clean Label Project (CLP) performed a full battery of purity, authenticity and antioxidant superiority tests, not only to prove that our olive oil is in fact, extra virgin, but to also show that it contains little to no contaminants like pesticides, heavy metals and other industrial pollutants. Madhava passed with flying colors, showing zero detectable presence of heavy metals, pesticides or BPA. We've always believed in the power of clean, simple ingredients, taken from nature, for the overall health of people and the planet. Our olive oil is no exception.

One in 12 olive oils labeled "extra virgin" did not pass authenticity standards from the International Olive Council for extra virgin. Madhava is consistently tested and proven to be pure, 100% organic, extra virgin olive oil, with no contaminants.



**PESTICIDE
FREE AWARD**



**PURITY
AWARD**



**ANTIOXIDANT
SUPERIORITY AWARD**

Madhava products have been rigorously tested by the Clean Label Project and awarded Purity, Pesticide-Free and Antioxidant Superiority Awards.





SERVINGS: 3-5
TIME: 1 HOUR

Fresh Basil Pasta Dough

Pasta tastes that much better when it's homemade, especially when it is filled with clean ingredients that you can trust! Our Fresh Basil Pasta Dough is easy to prep and absolutely delicious. Make the dish of your dreams completely from scratch with flavors that will leave your taste buds wanting more.

INGREDIENTS

- 2 Whole Eggs
- 2 Egg Yolks
- 3 oz Fresh Basil
- 2-4 tbsp Madhava Extra Virgin Olive Oil
- 2 cups All-Purpose Flour
- A pinch of salt

INSTRUCTIONS

- 1 Blend basil and oil in a food processor until smooth.
- 2 Separate eggs into bowl then whisk together with basil oil.
- 3 Create a well for wet ingredients in the middle of the dry ingredients, combine slowly. You can use a stand mixer with the dough hook attachment or knead to dough by hand by making a mound of flour.
- 4 Add additional oil if mixture is still dry.
- 5 Let dough rest for an hour until rolling out into pasta sheets.





SERVINGS: 3
TIME: 2 HR 30 MIN

Cucumber Gazpacho

Do you miss soup in the summer just as much as we do? Gazpacho is a great meal on a warm day, especially when it's made with clean ingredients that you'll love. Prep this Spicy Cucumber Gazpacho recipe the night before for an easy lunch or dinner for the entire week! This gazpacho has the taste and look that will keep you coming back for more.

INGREDIENTS

- 5 Cucumbers
- 1 Green Bell Pepper
- ¼ cup Fresh Basil
- ¼ cup Fresh Parsley
- 3 Garlic Cloves
- ¼ cup Water
- ¼ cup Madhava Extra Virgin Olive Oil
- 2 Radishes, sliced
- to taste Salt and Pepper

INSTRUCTIONS

- 1 Chop cucumbers and bell peppers into bite sized pieces.
- 2 Add cucumbers, bell peppers, basil, and parsley in a food processor. Pulse twice until combined together.
- 3 Add garlic, water and olive oil, process until smooth.
- 4 Transfer to serving bowl and cover, refrigerate for at least 2 hours.
- 5 Before serving, add salt and pepper to taste. Stir until evenly dispersed.
- 6 Top with finely sliced cucumbers, radishes and fresh herbs. Enjoy!





SERVINGS: 3
TIME: 1 HR 20 MIN

Cashew Avocado Hummus

Homemade hummus is easier than it seems! Using cashews, avocados and chickpeas as the base, this unique hummus brings all of your favorite flavors together. Perfectly creamy and smooth, this Avocado Cashew Hummus is the perfect dip to pack for easy lunches or eat as a snack at home.

INGREDIENTS

1 can	Chickpeas
1 cup	Raw Cashews
2	Medium Avocados
3 tbsp	Lime Juice
3 tbsp	Madhava Extra Virgin Olive Oil
½ tsp	Salt
to taste	Parsley and Red Pepper Flakes

INSTRUCTIONS

- 1 Soak cashews in water for 8 hours at room temperature.
- 2 Pulse chickpeas, cashews, olive oil and lime juice in a food processor until smooth.
- 3 Add salt and avocado to the processor, pulse until smooth.
- 4 Garnish with parsley and red pepper flakes.
- 5 Serve with pita, tortilla chips or vegetables and enjoy!





Extra Virgin Olive Oil Ice Cream

SERVINGS: 3
TIME: 1 HR 30 MIN

Cool down on a hot day with our EVOO Ice Cream! Our rich, yet delicate Extra Virgin Olive Oil gives ice cream a surprisingly creamy and decadent flavor. Top it off with fresh fruit, nuts, chocolate or even an extra drizzle of olive oil for a truly unique take on an old classic.

INGREDIENTS

- 1 ¼ cup Whole Milk
- ½ cup Heavy Cream
- ½ cup Madhava Extra Virgin Olive Oil
- 3 tbsp Agave
- ½ tsp Vanilla Extract
- 3 Egg Yolks
- A dash of salt

INSTRUCTIONS

- 1 Combine milk, agave, vanilla extract in a small-medium saucepan, bring to a boil on medium heat.
- 2 Remove from heat and steep for 30 minutes, covered.
- 3 After 30 minutes, strain the mixture into a mixing bowl.
- 4 In a medium bowl, mix together cream, egg yolks and olive oil.
- 5 Transfer mixture to a small-medium saucepan. Slowly stream in heated milk mixture, continuously whisking.
- 6 Add vanilla extract mix to saucepan over medium heat, stirring constantly until thick and coats a spatula.
- 7 Transfer to an ice cream maker or bread pan, freeze overnight.

Certified Pure Honey: Why All Honey is NOT the Same Why is Madhava Honey Different? It's Certified Pure Honey.

Our obsession with pure, simple ingredients all started with honey. We were fascinated by the everyday magic that bees perform, flying near and far to gather pollen and turn it into something so deliciously sweet. The fact that bees complete this transformation without machines, chemical additives, or anything artificial captured our wonder most of all. Why would anyone ever want to interfere with that process?

Sweet Nothings

What many consumers don't know is that some companies cut their honey with lower cost cane or corn sugars, making what was once a healthy sweetener alternative into just another version of table sugar. Honey should just be honey.

Pure and Simple

Filtration is the main way that beneficial bee pollen is removed from honey. By removing hive debris and air bubbles, filtration creates a clearer, smoother honey texture that some consumers may find more appealing. Some companies over-filter their honey, however, removing not only all of the pollen, but important enzymes and antioxidants along with it. Madhava honey is unfiltered so that the natural goodness stays in every jar.

Why We're Different

We've gone to great lengths to produce the purest honey, just as nature intended. We strategically partnered with farmers and producers throughout Argentina, Brazil and Mexico who share our core values of pure and simple ingredients, whose hives are miles away from any potential industrial pollutants, herbicides or pesticides. Because we don't ultrafilter our honey, it's full of beneficial bee pollen and antioxidants. We want you to feel as confident opening a jar of our pure, delicious honey as we do. That's why we put our Clean Label Project award certifications on every bottle.

Just like bees, we think the simplest, natural ingredients are the best for us, you and the planet.



**PURITY
AWARD**

.....
**Madhava Honey has been
awarded the Purity, Pesticide
Free and Antioxidant
Superiority awards by the
Clean Label Project.**
.....



Honey Smoked Chicken Tacos

SERVINGS: 4-6
TIME: 30MIN

Savory, smoky, spicy, and sweet. This recipe is filled with flavor, made with clean ingredients and only takes 30 minutes of prep time. Your family will be reaching for more.

INGREDIENTS

- 1 cup Salsa Verde
- ¼ cup Madhava Honey
- 1 tsp Cumin
- ½ tsp Sea Salt
- 1 tsp Liquid Smoke
- 2 Cloves Garlic, minced
- ½ cup Fresh Cilantro, chopped
- 2-3 lbs Boneless, skinless Chicken Breast
- 4-6 Corn Tortillas
- ¼ tsp Cayenne Pepper

INSTRUCTIONS

- 1 Whisk salsa verde, honey, liquid smoke, cumin, and salt together.
- 2 Add salsa verde and chicken to instant pot (pressure cooker).
- 3 Secure lid and cook on high pressure for 12 minutes, let pressure naturally release for 10 minutes before manually releasing.
- 4 Shred chicken with 2 forks into a medium sized bowl, add cilantro and mix together.
- 5 Assemble tacos on tortillas with your desired toppings, enjoy!

Topping Ideas:
cilantro, avocado, tomato, red onion, cabbage, cotija cheese



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PURITY
AWARD
Certified

ORGANIC
GOLDEN HONEY
UNFILTERED

16 oz (454g)

Quick & Easy



SERVINGS: 1 JAR
TIME: 1HR 40MIN

Peach Chipotle BBQ Pork Sliders

Bring your garden to the table with this Honey Chipotle Peach BBQ Sauce. With the perfect balance of sweet and savory, this sauce is great as a dip or to pair with endless meals. We've featured Pulled Pork Sliders as an easy and clean dish that everyone will love. But that's not all this is sure to become a family favorites for BBQ's, game day and more.

INGREDIENTS

- 3 tbsp Madhava Honey
- 1 cup Chipotle
- 1 ½ Peaches, pitted and diced
- 3 tbsp Water

INSTRUCTIONS

- 1 Peel, pit and quarter peaches.
- 2 Add all the sauce ingredients to quart sized pan. Bring to boil on medium heat, simmer on low for 30 minutes, or until thickened. Stir constantly.
- 3 Transfer sauce into a blender and blend until smooth.
- 4 Serve immediately, store in the fridge for up to 10 days or freeze for up to 6 months.



SERVINGS: 4-6
TIME: 45 MIN

Honey Guacamole

Guacamole has never tasted so good! This easy-to-make, homemade recipe will blow your store bought guac out of the water. Sweetened with just a touch of our secret ingredient — you guessed it — Madhava Organic Honey.

INGREDIENTS

- 2 Ripe Avocados
- 2 tbsp Madhava Organic Honey
- 1 tbsp Lime Juice
- ¼ tsp Salt
- 1 Jalapeño, finely diced
- ¼ Small Red Onion, finely diced
- 1 Bushel Cilantro, minced
- to taste Fresh Cracked Pepper

INSTRUCTIONS

- 1 Mash avocados with a mortar or in a medium bowl with a fork.
- 2 Add honey, lime juice, salt, jalapeño and red onion.
- 3 Mix together until all ingredients are evenly dispersed.
- 4 Garnish with cilantro. Serve and eat immediately or store tightly covered for up to 2 days.
- 5 Enjoy with tortilla chips or on tacos.



SERVINGS: 1
TIME: 20 MIN

Fruit Salsa

We're looking to make your appetizers burst with nutrients and flavor. Whip together this clean & simple Fruit Salsa and top it off with our zesty Honey Lemon Dressing. Serve with cinnamon dusted pita chips for the tastiest treat around.

INGREDIENTS

- 1 ½ cup Strawberries
- 1 ½ cup Cantaloupe
- 1 ½ cup Honeydew
- 1 cup Blueberries
- 1 cup Green Apple
- ¼ cup Madhava Honey
- 1 tsp Lemon Juice
- garnish Fresh Mint,
Lemon Zest

INSTRUCTIONS

- 1 Dice fruit to small bite sized pieces and combine in large mixing bowl.
- 2 In separate bowl, add honey and lemon juice. Mix together until evenly dispersed.
- 3 Pour dressing over fruit, toss to combine until all fruit is covered.
- 4 Garnish with fresh mint and lemon zest - grab a chip and dig in!



SERVINGS: 1 JAR
TIME: 20 MIN

Infused Honey + Pairings

A party is only as good as its charcuterie board. Discover delicious pairings of fruit, vegetables, cheeses, meats and more to go with our all time favorite honey infusions.

LAVENDER INFUSION	
2 tbsp	Dried Lavender
1 cup	Madhava Honey

LEMON GINGER INFUSION	
1	Ginger Root, sliced
3 tbsp	Lemon Peel
1 cup	Madhava Honey

CHARCUTERIE INGREDIENTS

- 1 Gruyere, sliced
- 1 Goat Cheese log
- 1 Triple Creme Brie
- 15-20 Salami slices
- ½ cup Cornichons or mini pickles
- 1 bunch Red Grapes
- 1 Green Apple, sliced
- 1 Red Apple, sliced
- 1 loaf Crostini Bread, sliced

INSTRUCTIONS

- 1 Add herbs to bottom of a jar. Pour honey on top, stir together and seal tightly.
- 2 Infuse for at least 3 days, turning jar over a few times if herbs come to top of honey.
- 3 Store infused honey in tightly sealed jar in a cold, dry place.
- 4 Arrange charcuterie ingredients on a large cutting board and serve!



Clean Eating 101: 10 Tips to Get You Started

Eliminating toxins and contaminants from your diet isn't as hard as you might think.

Overly processed foods come with more sodium, sugar, toxins, and artificial ingredients than our bodies can handle. Clean eating is one of the easiest ways to keep you and your family healthy and safe from the so-called "lifestyle diseases" – heart disease, liver disease, adult-onset diabetes, and other ailments caused, in part, from poor diet. Below, we've compiled 10 easy, clean eating tips to get you started:

1. Go heavy on the fruits and vegetables.

Putting more plants on your plate lowers your risk for chronic diseases like high blood pressure, type 2 diabetes, obesity, cancer and heart disease, while adding fiber to keep you feeling fuller longer.

2. Choose whole grain over "enriched" or refined carbs.

When it comes to grains, look for the words "whole grain" on the label, and check the ingredient list for the heartier varieties like sprouted grains and steel-cut oats. The more refined the grain, the less fiber and nutrition.

3. Eat less meat and choose ethically-raised animal protein when you do.

Research continues to indicate that cutting back on meat is better for you and better for the planet. Eating a predominantly plant-based diet has been shown to reduce blood pressure, risk of heart disease and obesity.

4. Choose organic and non-GMO whenever possible.

Not only do you want to eat whole foods with minimal processing, you also want to make sure those foods are free of unwanted contaminants like pesticides and industrial toxins.

5. Read ALL the labels.

Look for products with simple, food-based ingredients that you can identify. Avoid added sugars and excess sodium, and watch for preservatives or additives that only exist to extend shelf-life.

6. Avoid excess sugar at all costs.

Added sugar is extremely common in processed foods. Look for terms like high-fructose corn syrup, fructose and sucralose, among others. Once you eliminate excess sugar from your daily diet, you'll start to appreciate the natural taste of whole, natural foods more.

7. Buy local and in season.

Buying local produce puts you closer to the source of your food. Paying attention to what's in season ensures that you get fresh produce at peak times and helps you vary your diet.

8. Cook your own food.

This is the ONLY way to know exactly what you're eating and where it came from. Portion out lunches and dinners for your busiest days, so you can grab, go and know that you have a healthy alternative to fast food.

9. Drink more water.

The standard recommendation is eight 8-ounce glasses per day, though some health advocates suggest more. Drinking more water helps your body flush out toxins, and, when reliably sourced, is the cleanest beverage you can drink.

10. Limit alcohol consumption.

Too much alcohol results in inflammation in the body and contributes to a number of health issues, particularly liver disease, digestive disorders and excess belly fat.





SERVINGS: 1 PIE
TIME: 1 HOUR

Strawberry Rhubarb Pie

Make this pie from scratch with fruit from your backyard & sweeten with Madhava Organic Agave. Grandma will be oh so impressed!

INGREDIENTS

- 1/3 cup Madhava Coconut Sugar
- 2 tbsp Unsalted Butter
- 1 tsp Vanilla Extract
- 2 tbsp Lemon Juice
- 1 tbsp Fresh Orange Zest
- 2 tbsp Madhava Agave
- 1 cup Fresh Rhubarb
- 2 cups Strawberries
- 1/4 cup Cornstarch
- 1 tsp Salt
- 2 Eggs

INSTRUCTIONS

- 1 Preheat oven to 400° F
- 2 Mix diced rhubarb, strawberries, sugar, lemon juice and orange zest together.
- 3 Melt the butter until it becomes a liquid. Stir in butter, cornstarch, salt and vanilla extract.
- 4 Pour mixture over pie crust until evenly dispersed.
- 5 Top pie with additionally cut pie crust.
- 6 Whisk egg yolks together. Brush the top of the pie crust with a light layer of egg yolks.
- 7 Place in oven for 25-30 minutes. Keep in oven until golden brown on top.





SERVINGS: 1 JAR
TIME: 1HR 40MIN

All Natural Blue Agave Frosting

Get creative and spice up your next birthday dessert with colorful, clean and simple frosting! Made with organic ingredients, this frosting can turn into any color by using natural food dyes at home. Surprise someone with their favorite color frosting, they'll love it and you will too!

INGREDIENTS

- 1 cup Unsalted Butter, room temperature
- 5 tbsp Heavy cream
- 4 tbsp Madhava Agave
- 1 tsp Vanilla Extract
- 1/2 tsp Salt
- 1-4 tsp Natual food dye*

INSTRUCTIONS

- 1 Melt butter in a small dish.
 - 2 Add all ingredients to a blender (including your desired natural dye color). Blend together until smooth, thick consistency. If needed, add additional tablespoon of heavy whipping cream for thinner consistency.
 - 3 Enjoy on top of cakes, ice cream or brownies.
- * Red - Hibiscus tea powder
 Orange - Turmeric powder + Hibiscus tea powder
 Yellow - Turmeric powder
 Green - Matcha powder
 Blue - Butterfly pea tea powder
 Purple - Butterfly pea tea powder + Hibiscus tea powder
 Pink - Rose petal powder

Add more natural food dye for darker hues. Add extracts to highlight or hide the flavors of the natural food dyes.





SERVINGS: 2
TIME: 10 MIN

Black Sesame Blueberry Smoothie

Not only will this Black Sesame Blueberry Agave Smoothie fill you up, it will also provide you with enough energy to take on your day's activities. Loaded with fruit and sweetened with Madhava Organic Agave, this smoothie is a great breakfast or snack that both you and your kids will love.

INGREDIENTS

- 1 Banana, frozen
- 1 tbsp Madhava Agave
- ½ cup Blueberries, frozen
- ½ cup Blackberries, frozen
- ¼ cup Black Sesame Seeds
- 1 cup Nonfat Greek Yogurt
- 1 cup Ice

INSTRUCTIONS

- 1 Cut banana and apple into bite sized pieces.
- 2 Add all ingredients to blender. Blend until smooth consistency.
- 3 Top with a layer of black sesame seeds and fresh berries if you would like and enjoy!



SERVINGS: 1
TIME: 30MIN

Roasted Agave Salsa

Time to bring your garden to the table! Load this salsa with delicious vegetables and clean ingredients. From a sweet bite to a spicy-kick after taste, this Roasted Jalapeño Salsa will make your taste buds explode!

INGREDIENTS

- 8 Tomatillos, peeled & quartered
- ½ Red Onion, chopped
- 2 Jalapeños, seeded & chopped
- 1 cup Cilantro
- 3 Garlic Cloves
- 1 tbsp Madhava Agave
- 1 tbsp Lime Juice
- ¼ tsp Salt

INSTRUCTIONS

- 1 Set oven to 400° F. Peel and dice tomatillos and add to an oven pan. Roast for 5 minutes. (Watch closely, ovens vary and they should roast quick!)
- 2 Add tomatillos, red onion, and garlic together in food processor. Pulse until well combined.
- 3 Add agave, lime juice, salt and cilantro into the food processor with vegetables. Pulse until just combined.
- 4 Serve immediately or transfer to an airtight container and store in the refrigerator.



SERVINGS: 3
TIME: 10 MIN

Pineapple Coco Whip

Bring this amusement park cult-classic dessert to life in your own kitchen with our 4-ingredients copycat recipe. Tangy pineapple, creamy coconut and fluffy frozen goodness.

INGREDIENTS

2 cups Frozen Pineapple Chunks
½ cup Full-fat Coconut Milk
2 tsp Madhava Agave
1 tsp Lemon Juice
a pinch Salt

INSTRUCTIONS

- 1 Measure all ingredients into a blender.
- 2 Blend all ingredients together until smooth and creamy.
- 3 Serve and enjoy!



SERVINGS: 2 CUPS
TIME: 10MIN

White Hot Chocolate Chai

When it's getting chilly outside and you want to cozy up with a cup of deliciousness, our White Hot Chocolate Chai is the recipe to warm your soul. Topped with just a touch of Madhava Organic Coconut Sugar and cinnamon for the perfect sip.

INGREDIENTS

- 1 ½ cups Milk (of your choice)
- 3 Black Tea Bags
- ½ cup White Chocolate Chips, melted
- 1 tbsp Star Anise
- 1 tsp Whole Cloves
- 1 tbsp Whole Green Cardamom Pods
- 1 tsp Madhava Coconut Sugar

TOPPINGS

- 1 tsp Ground Cinnamon
- 1 tsp Madhava Coconut Sugar

INSTRUCTIONS

- 1 Bring milk to a simmer over low-medium heat.
- 2 Add the tea bags, whole spices, coconut sugar and white chocolate chips.
- 3 Let steep for 3-5 minutes over low-medium heat.
- 4 Remove tea bags and whole spices.
- 5 Optional: froth milk with a hand blender.
- 6 Combine cinnamon and coconut sugar in a small bowl. Sprinkle hot chocolate with sugar mixture and serve.

ORGANIC
COCONUT SUGAR





Vegan Coconut Sugar Cookies

SERVINGS: 18-20
TIME: 45 MIN

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These cookies are made with minimal ingredients that you can trust. Sweetened with Madhava Organic Coconut Sugar, these coconut sugar cookies are absolutely delicious you wouldn't even guess they are vegan!
.....

INGREDIENTS

½ cup	Vegan Butter, softened
¾ cup	Madhava Coconut Sugar
1 tsp	Vanilla Extract
2 cups	All-purpose Flour
1 tsp	Baking Soda
¼ tsp	Salt
3 tbsp	Almond Milk

INSTRUCTIONS

- 1 Preheat oven to 350° F
- 2 Cream vegan butter, coconut sugar and vanilla.
- 3 Sift flour, baking soda and salt together.
- 4 Add to wet ingredients. Mix until crumbly.
- 5 Slowly add almond milk until dough comes together to form a ball.
- 6 Shape dough into 24 balls.
- 7 Place evenly on a prepared baking sheet, bake for 10 minutes.
- 8 Remove from oven and cool completely before decorating.



SERVINGS: 1 CAKE
TIME: 1HR 15MIN

Frosted Apple Gingerbread Cake

This fall dessert recipe will make you feel warm & fuzzy inside. Topped with homemade Cinnamon Cream Cheese frosting, and of course, Madhava Coconut Sugar, you'll keep reaching for more.

Cake Ingredients:

2 cups	Flour	¼ cup	Unsalted Butter
1 ½ tsp	Baking Powder	¼ cup	Molasses
½ tsp	Salt		Pink Lady Apples, peeled, cored & chopped
½ cup	Madhava Coconut Sugar	1 lb	
1 tsp	Ground Cinnamon		
1 tsp	Ground Ginger		
½ tsp	Ground Nutmeg		
¼ tsp	Ground Cloves		
2	Eggs		
½ cup	Madhava Honey		

Frosting Ingredients:

8 oz.	Cream Cheese, Room Temperature
1 tbsp	Ground Cinnamon
3 tbsp	Madhava Coconut Sugar

INSTRUCTIONS

- 1 Preheat oven to 350° F.
- 2 Whisk together flour, baking powder, salt, cinnamon, ginger, nutmeg, and cloves.
- 3 In a separate bowl, whisk together eggs, coconut sugar, melted butter, molasses, and honey. Add to the flour mixture and stir thoroughly. Then, gently fold in the apples.
- 4 Coat a 9x9 pan with cooking spray and evenly spread batter. Bake for 40 minutes, until toothpick inserted into center comes out clean. Cool to room temperature.
- 5 Mix softened cream cheese, cinnamon and coconut sugar until smooth. Dollop on cooled cake and spread evenly. Cut & enjoy!



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Thank you for your support!

Food is something that allows you to get creative, discover new tastes and bring people together. It has been an absolute pleasure growing our community and sharing these exclusive clean & simple recipes made with ingredients you can trust.

We hope you have gained inspiration from our recipe book and share these delicious meals and tips with your family and friends.

Thank you for being apart of our clean & simple journey. It's time to take these recipes off the page and into the kitchen. Let's start cooking!

*Love,
The Madhava Team*

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