

THE CONSCIOUS FOOD CATALOGUE



Conscious
Food



the pioneer in natural & organic food

MACROBIOTIC/AYURVEDIC/WESTERN (Khaki Labels)

- A1 Alfalfa Seeds, organic 200g
C makes delicious sprouts for salads & sandwiches, also a nutritious tea (rajko in hindi)
- A2 Awla Mix, organic 200g
C this awla can be used as a jam or simply as a tonic, its natural taste is delicious
- A3 Awla Powder, organic 200g
C an awla a day keeps the doctor away with its high vit C and balancing properties
- A4 Coconut Oil, organic & cold-pressed 450ml
A5 Coconut Oil, organic & cold-pressed 100ml
C great for massage & cooking, freed from its bad reputation, pure & perfect
- A6 Digestive Mix, organic 100g
C not simply to assist digestion but also full of nutrients for cellular health
- A7 Dry Awla, organic 50g
C this therapeutic indian gooseberry is great chewed on as a supari and mouth freshener
- A8 Flax Seeds 250g
C the oil content of these beautiful brown seeds (alsi) is essential for cellular health
- A9 Fox Nut Puffed (Makhana), organic 50g
C toss in dash of ghani-oil for a nutritious & crunchy popcorn substitute that all kids love
- A10 Ginger Drops 100g
C excellent to make a tea for colds, coughs and digestion, especially convenient when travelling

- A11 Herbs, organic 10g
 C rosemary, basil, oregano, thyme, parsley, jumboo, mint & peppermint for all kinds of cooking
- A12 Licorice 2 sticks
 C excellent for digestion, throat and chest congestion, this (jeshtimadh) is very effective
- A13 Peppermint Drops 100g
 C excellent as a tea for digestion when dropped in cup of hot water, can also be sucked on
- A14 Sesame Oil, organic & cold-pressed 450ml
- A15 Sesame Oil, organic & cold-pressed 100ml
 C excellent for cooking especially chinese, molecules good for deep skin massage
- A16 Sesame Seeds (white), organic 100g
- A17 Sesame Seeds (black), organic 100g
 C a storehouse of nutrients including calcium in this little wonder seed (til)
- A18 Spirulina Powder 50g
 C this new age food acts as an excellent supplement and helps us cope with today's pollution
- A19 Peanut Oil, organic 450ml
 C this nutritious common oil in its ghani version which makes the difference



BEVERAGES & SWEETENERS

(Khaki Labels)

- B1 Masala Cha, organic 50g
C traditional but with green tea & chemical-free 
- B2 Filter Coffee, organic 50g
C once you taste this you will realize that non-organic versions, esp instant, taste like a cupful of chemicals
- B3 Green Tea, organic 50g
C very good for digestion and to be made into a light tea with honey, not addictive 
- B4 Green Tea Plus, organic 50g
C same as above with added benefits of herbs & spices, delicious & strengthening whilst refreshing
- B5 GFOP Tea, organic 50g
C once you taste this you will realize that non-organic versions taste like a cupful of chemicals
- B6 Golden Sugar, organic 500g
C this traditional gur shakkar can be spooned into any beverage to substitute for all sugars
- B7 Hardé Honey, organic 600g
- B8 Hardé Honey, organic 200g
C cloth filtered honey from tribal hardé forest, excellent for digestion, colds and coughs 
- B9 Herbal Cha, organic 50g
C organic herbs & spices to give you a unique tea alternative that refreshes & strengthens without addiction or chemicals
- B10 Indian Chai, organic 100g
C to make strong indian tea, but the chemical-free version which makes all the difference

- B11 Indian Chai Plus, organic 100g
C same as B10 with added spices & herbs, tea with a delicious & refreshing taste
- B12 Jamun Honey, organic 200g
C delicious honey from organic forests in the nilgiris with all the benefits of the jamun tree
- B13 Palm Jaggery, organic 500g
C from the coconut tree, tastes like chocolate, delicious in coffee, rich in calcium & other minerals
- B14 Raw Sugar 500g
C great in nimbu-pani and in some desserts, vegetarian unlike refined sugar, and the healthier version
- B15 Sugarcane Jaggery (Gur), organic 500g
C natural sugar full of iron & other nutrients, with no chemicals, great energy-giver

CONSCIOUS FOOD IS:

- C organically grown without the use of any chemical fertilizers or pesticides.
- C brought direct from the farm to our workshop, does not go through any filthy markets or pavements.
- C stored with no chemicals.
- C not adulterated.
- C chakki-ground, iron-pound and cold-pressed in accordance with traditional nutritional practices
- C sorted & packed hygienically.
- C eaten consciously by all of us at Conscious Food and a growing number of aware consumers all over India!

SPICES (Green Labels)

- S1 Ajwain, organic 100g
C a great oregano-like indian herb
- S2 Aniseed / Sweet Fennel (Saunf) , organic 100g
C good digestive, important in kashmiri cooking
- S3 Asafoetida (Hing), organic 10g
C very strong authentic flavour
- S4 Black Pepper (Kali Mirch), organic 100g
C the cold buster, essential in all cooking
- S5 Black Pepper Powder, organic 50g
C as above plus iron-pounded
- S6 Cardamom, organic 50g
C for the strong rich indian taste in food
- S7 Cassia Bark Cinnamon Leaf (Taj Patta), organic 10g
C subtle but delicious flavour
- S8 Cinnamon (Dalchini), organic 50g
C flavourful and good for the heart
- S9 Cinnamon Powder, organic 50g
C delicious on desserts, iron-pounded
- S10 Clove (Lavang), organic 50g
C great in stews, indispensable for tooth aches
- S11 Coriander Seeds (Dhaniya), organic 100g
C gives a unique taste to food, freshens the mouth
- S12 Coriander Powder, organic 100g
C the base of indian cooking, iron-pounded
- S13 Cumin Seeds (Jeera), organic 100g
C vegetables and dals get flavourful with this

- S14 Cumin Powder, organic 100g
C delicious as garnish on indian drinks
- S15 Fenugreek Seeds (Methi Dana), organic 100g
C adds zing to your food
- S16 Garcinia Indica (Kokum), organic 200g
C makes a delicious tangy summer drink
- S17 Garcinia Cambogia, organic 200g
C effective for weight loss
- S18 Kashmiri Red Chilli Powder, organic 100g
C adds natural red colour to food
- S19 Mustard Seeds (Rai), organic 100g
C another essential for vegetables and dals
- S20 Red Chilli Powder, organic 100g
C hot and spicy, good for the heart
- S21 Tamarind (Imli), organic 200g
C preserves and gives food its sour taste
- S22 Three-Spice Mix (Dhania, Jeera & Dalchini), organic 100g
C the simple garam masala, iron-pounded
- S23 Turmeric Powder (Haldi), organic 100g
C the eternal anti-septic
- S24 Rock Salt 500g
C salt as it was meant to be, invaluable & in powder form
- S25 Sea Salt 500g
C indispensable, contains minerals including naturally occurring iodine

CEREALS & PULSES

(Mustard Labels)

- | | | |
|-----|--|------|
| C1 | Brown Rice Flakes (Unpolished Poha), organic | 500g |
| C | flattened desí rice, very nutritious | |
| C2 | Bengal Gram (Desí Chana), organic | 500g |
| C | great for the throat and chest | |
| C3 | Chick Peas (Kabuli Chana), organic | 500g |
| C | makes delicious humus | |
| C4 | Flour-Barley, organic | 500g |
| C5 | Flour-Bengal Gram (Chana Atta), organic | 500g |
| C6 | Flour-Brown Rice, organic | 500g |
| C7 | Flour-Finger Millet (Ragi Atta), organic | 500g |
| C8 | Flour-Pearl Millet (Bajra Atta), organic | 500g |
| C9 | Flour-Seven Grain, organic | 500g |
| C10 | Flour-Six Grain (Wheat Free), organic | 500g |
| C11 | Flour-Sorghum (Jowar Atta), organic | 500g |
| C12 | Flour-Soyabean , organic | 500g |
| C13 | Flour-Sprouted Ragi Atta | 200g |
| C14 | Flour-Wheat, organic | 500g |
| C | all above attas make delicious pancakes too | |
| C15 | Green Gram (Whole Mung), organic | 500g |
| C | a pure sattvik food | |
| C16 | Millet, organic | 500g |
| C | a forgotten food, essential for our well-being | |
| C17 | Pigeon Pea (Tuvar Dal), organic | 500g |
| C | a favourite lentil, great for soups too | |
| C18 | Rajma, organic | 500g |
| C | taste the chemical-free difference | |
| C19 | Red Rice Flakes (Red Poha), organic | 200g |
| C | needs almost no cooking, great mixed with gur | |
| C20 | Rice-Brown (Sikander), organic | 500g |

C21	Rice-Brown (Sikander), organic C unpolished - a must in today's stressful life	1kg
C22	Rice-Brown (Indrani), organic C long-grain, more flavourful than basmati	500g
C23	Rice-Goa (Par-boiled and Unpolished) C delicious with curries, very nutritious	500g
C24	Rice-Red (Patni), organic C full bodied whole rice, need little to satisfy	500g
C25	Rice-Red (South Indian), organic C this, and indeed all, rice is sattvik	500g
C26	Soyabean, organic C make your own soya milk, tofu & yogurt	500g
C27	Split Bengal Gram (Chana Dal), organic C keeps throat and chest healthy	500g
C28	Split Black Gram (Urad Dal), organic C most nutritious lentil	500g
C29	Split Mung Bean (Green Mung Dal), organic C makes a great soup, a pure sattvik food	500g
C30	Split Sorghum (Jowar Dalia), organic C wheat alternative for breakfast	200g
C31	Split Wheat Dalia, organic C besides porridge, makes great tabouli	200g
C32	Sprouted Split Wheat Dalia C cooks quickly & digests easily	250g
C33	Sprouted Suji C lighter on the body & delicious	400g
C34	Super Seven Bean Mix, organic C their diversity keeps our soil healthy, us too	200g
C35	Yellow Lentil (Yellow Mung Dal), organic C sattvik food, also advised when ill	500g
C36	Millet Semolina, organic C a wheat-free suji breakfast	200g



POWER SNACKS

(Red Labels)

with organic ingredients

P 1	Awla Bits	50g
P 2	Date Heart Cookies - brown rice / ragi	100g
P 3	Ginger-Gur Drops	50g
P 4	Grain Crackers (Khakras) - jowar / bajra / soya	50g
P 5	Grain Crackers (Khakras) - sweet bajra	50g
P 6	Grain Dippers - brown rice / ragi / six-grain	50g
P 7	Honey Awla (Indian Gooseberry)	50g
P 8	Jaggery Chews (Chikkis) - flax/ sesame/ gram/ peanut	50g
P 9	Imli drops	50g
P 10	Mumbai Mix	50g
P 11 a	Nuggets - cashew	50g
P 11 b	Nuggets - coconut / walnut	50g
P 12	Pep Sev	50g
P 13	Power Chocolates	3 pieces
P 14	Power Slab	50g
P 15	Soya Sesame Stick - jeera / methi	50g

POWER SNACKS

(Red Labels)

P 16	Dry Mango	50g
P 17	Pumpkin Seeds	50g
P 18	Sunflower Seeds	50g
P 19	Wafers / Crisps - banana / beet / potato	25g
P 20	Natural Sweets - with varying combinations of dates, jaggery, nuts, seeds & cocoa.	50g

CONSCIOUS LIFE (Red Labels)

N1	Apricot Oil, organic	100 ml
N2	Body Scrub Cloth	1 piece
N3	Foot Scrub	1 piece
N4	Loofa	1 piece
N5	Mat Chappals	1 pair
N6	Pumice Stone	1 piece
N7	Jute Bag	1 piece
N8	Conscious Catalogue & Cooking Consciously	1 piece

WHY NATURAL??

Because if you eat according to man's idea of what is needed you'll miss out on what we, at Conscious Food, call the 'X' factor. Each day the laboratory discovers something that nature already knew. Therefore only eating naturally will give you all that was intended by nature i.e. whatever man has still to discover in the lab. So eat foods as close to their natural form as possible. Only then will you get the 'X' factors, which are the so far undiscovered nutrients. And importantly the life force that can never be present in processed & packaged foods. Read labels when you purchase anything. Also remember India's homeopathic & ayurvedic healers, supplements & foods are the best in the world. Don't let anyone make you believe otherwise. The suggestions made in our 'Cooking Consciously' catalogue will protect and promote your health and sense of well-being. And nothing can compare with that.

THE CONSCIOUS MISSION

Our mission has, in the last 15 years, been and continues to be:

1. To promote unrefined organic foods in order to keep the earth and its people healthy.
2. To support traditional foods and the cottage industry that produces them, including the small farmer.
3. To impart sound nutrition advice to consumers.
4. To be uncompromising in quality.

We invite you to experience the difference in your life with Conscious Food

Enjoy great health !

Naturally

Kavita Mukhi

Eco - nutritionist

Buy organic only from
companies & people
you know of and trust.



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