



Inkitã

Andean Eco Foods



OUR PRODUCTS, T-EIR PROPERTIES & BENEFITS

MACA



Maca has been cultivated in Peru for many centuries. It has been in use since the pre-Incan age, when it was considered as a gift from the gods. They recognized its benefits, using it to improve the physical and mental performance.



Scientific name:

Lepidium meyenii.

Region of Origin:

Junin at 3,750 4,000 m.a.s.l

Health Benefits:

Raises energy levels. It is very rich in fiber and a source of vegetable protein, fatty acids and containing 4 unique alkaloids (Macaina 1, 2, 3, y 4). Combats physical and mental fatigue and stress. Strengthens the immune system and stimulates the endocrine system. Balances the diet avoiding malnutrition. Increases endurance in athletes promoting mental clarity.

Main Phytochemicals:

Glucosinolates and macamides

Presentation:

Raw maca powder.
Gelatinized maca

Common uses:

Direct consumption as an ingredient for yogurt, tea, smoothies and dairy based products. Desserts, cereals, yogurts, jams, ice cream, chocolate bars and so much more.

QUINOA



Quinoa is an Andean grain of very high nutrition value, it grows in the highlands south of Peru. This grain is considered the richest in protein in the world.



Scientific name:

Chenopodium quinoa.

Region of Origin:

Ayacucho at 2,600 m.a.s.l

Health Benefits:

It is a highly nutritional food. The only natural food to provide all the essential amino acids according to standards established by the FAO. Prevents cardiovascular problems. Control blood pressure. Provides high levels of fiber.

Main Phytochemicals:

Essential amino acids, mineral and essential oils (Omega 3).

Presentation:

Organic white and red quinoa grain. Quinoa Powder, Gelatinized Quinoa, Quinoa flake, quinoa pop.

Common uses:

It is mainly used as food for human consumption in soups, stews, fritters, pastries, bakery, and drink. There are different ways of uses in grain, flakes, flour and some products such as pasta, cereal preparations, energy bars, etc.

CACAO



Cacao is a perennial crop for the wet tropic areas in all the oriental fringe of the Andes Mountains and regions of the Amazon Basin. Criollo Cacao is a variety product that is valued for its high quality grain with fine aroma and flavour.



Scientific name:

Theobroma Cacao L. (Criollo Variety).

Region of Origin:

Pucallpa, Tingomariá, Tarapoto, Cusco.

Health Benefits:

Rich in antioxidants and minerals. It contains phenyl ethylamine, which generates a happiness sensation. Antidepressant and natural aphrodisiac. Increases concentration and alertness.

Main Phytochemicals:

Polyphenols and minerals.

Presentation:

Raw criollo cacao nibs, cacao husk, cacao paste, cacao butter, cacao powder.

Common uses:

Desserts and smoothies.
Energy bars, drinks, tisanes.

PURPLE CORN



It has been grown in Peru for thousands of years. It is one of the richest natural sources of important anthocyanin.

**Scientific name:**

Zea mays L. (purple variety)

Region of Origin:

Arequipa

Health Benefits:

Purple corn is a really important antioxidant because of its high content of anthocyanin and phenolic compounds. It has functional and bioactive properties. Reduces the cholesterol, lower blood pressure, boost blood circulation and improve the regeneration of connective tissues. Protects against cardiovascular disease.

Main Phytochemicals:

Anthocyanins (Cyanidin 3-O-B-D- Glucoside). Phenolic compounds.

Presentation:

Purple corn flour.

Common uses:

Food supplement, drinks, in yogurts, smoothies, desserts, pastries, etc.

CAMU CAMU



Camu Camu grows in the Amazon Rainforest and is a famous berry because of its nutritional and medicinal advantages that derive from its high vitamin C content.



Scientific name:

Myrciaria dubia

Region of Origin:

Pucallpa

Health Benefits:

Strengthens the immune and nervous systems.
Helps maintain healthy eyes, skin and gums.
Camu Camu boasts antioxidant and anti-inflammatory properties.

Main Phytochemicals:

Natural ascorbic, beta – carotene, calcium, iron, niacin, phosphorus, riboflavin and thiamine.

Presentation:

Camu Camu Powder.
Camu Camu pulp.

Common uses:

Direct consumption (juice, yogurt, smoothies). Dairy based products.

AMARANTH.



Amaranth grain is a native crop to Peru. It was a major food source of the Incas, and some have estimated Amaranth was cultivated between 6,000 and 8,000 years.



Scientific name:

Amaranthus caudatus.

Region of Origin:

Arequipa, Ayacucho.

Health Benefits:

Amaranth is a high fiber food.
Rich in protein and this protein is also highly bioavailable.
Rich in minerals like calcium, magnesium and cooper.

Main Phytochemicals:

Essencial amino acids, minerl and esencial oil (Omega 3).

Presentation:

Amaranth grain.
Amaranth flour

Common uses:

Amaranth can be used in a wide range of dishes such as soups, desserts, drinks, chips, flour, also thanks to the wonderful versatility of transformation, the amaranth is demanded today as raw material in the baking industry, pastas, fortifies mixes, etc., contributing to higher protein biological quality.

CHIA



Grows in clay or sandy ground, in a sunny area it's growth can be between 1000 and 2750 msl.



Scientific name:

Hispanic Salvia L.

Region of Origin:

Cusco.

Health Benefits:

Chia Seeds are loaded with antioxidants.
Deliver a massive amount of nutrients with very few calories.
Almost all the carbs in them are fiber.
Chia Seeds are high in quality protein.

Main Phytochemicals:

Omega – 3 Acids and essential oils.

Presentation:

Chia Seeds.

Common uses:

Chia is more concentrated natural source of omega 3. It has benefits and consumption causes positive effects in cases of depression, stress, diabetes, obesity, psoriasis, asthma, arthritis, pregnancy.

LUCUMA



Lucuma is an emblematic Peruvian fruit with a unique aroma and flavor. It is also known as the gold of the Incas.



Scientific name:	Pouteria Obovata
Region of Origin:	Ayacucho.
Health Benefits:	Contains important quantities of carbohydrates, vitamins, minerals and fiber. Rich in antioxidant. Rich in B complex vitamins
Main Phytochemicals:	Beta – carotene, niacin (B3) and iron
Presentation:	Lucuma Powder
Common uses:	Lucuma powder is used directly in beverages such as milkshakes and in the preparation of desserts such as cakes, cookies and ice cream.

YACON



Yacon is a large perennial plant that is mainly grown and cultivated for its tuberous roots. The roots are crunchy and sweet, it has lots of benefits, such as weight and glucose control and FOS



Scientific name:

Smallanthus sonchifolius

Region of Origin:

Huanuco and Pasco

Health Benefits:

Yacon is an ancestral tuber with a sweet taste from sugars, especially fructooligosaccharides (FOS). It is a prebiotic, is low in calories and ideal for good health care. The health benefits of yacon include its ability to regulate blood sugar levels, monitor cholesterol and aid in weight loss, among others.

Main Phytochemicals:

Prebiotic, Fiber, Low Calories and Low Glycemic Index

Presentation:

Yacon Syrup, Raw Yacon Powder and Raw Yacon Semi-Dried Powder

Common uses:

Some recommended uses of yacon syrup are direct consumption or as an ingredient in salad dressing, bakery, desserts and pastries. As a low glycemic sweetener in smoothies, beverages, chocolate, energy bars, among others. You can also use yacon powder adding a serving to milk, oatmeal, juices, smoothies, yogurt or in the preparation of desserts.

GOLDEN BERRIES



Quinoa is an Andean grain of very high nutrition value, it grows in the highlands south of Peru. This grain is considered the richest in protein in the world.

Scientific name:

Physalis peruviana

Region of Origin:

Huanuco and Junin

Health Benefits:

Golden berries are one of the best antioxidants because of their high content of carotenoids and polyphenol. This superfood has anti-inflammatory properties, it is diuretic and is considered to be a natural tranquilizer. Its main phytochemicals are vitamin A, C and phosphorus.

Main Phytochemicals:

High content of vitamin A, C, antioxidants and minerals

Presentation:

Raw Dried Golden Berries

Common uses:

Ecoandino's dried golden berries are perfect as a snack, eaten straight from the bag or sprinkled onto fruit salad or yogurt. Golden berries are perfect for use in fine chocolate and pastries industry. Ecoandino's Golden berries Jam is the best to spread into chess-cakes. You can also enjoy this fruit in our energy bar: Nutribreak Golden Berries or in Ecoandino's Aguaymanto Jam.

ALGARROBO



Algarrobo, also known as mesquite, is grown on the north coast of Peru, especially in the department of Piura. This superfood used since prehispanic times. It is a gourmet product.



Scientific name:

Prosopis Pallida

Region of Origin:

Piura

Health Benefits:

This magnificent superfood contains high quantities of minerals such as calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine. It is a natural energizer. Taken regularly, this superfood powder will help you having a healthy lifestyle!

Main Phytochemicals:

Energy, vitamins and minerals

Presentation:

Raw Algarrobo Powder

Common uses:

You can add Ecoandino's algarrobo to smoothies, desserts or energy bars. Our raw superfood is a sweet and delicious addition to your healthy diet, you can try adding it to salad dressings. Other uses of organic algarrobo powder is to partially substitute other flours such as wheat, and also you can make magnificent cocktails. This superfood can be perfectly paired with organic lucuma powder, organic maca powder, and so many others.

COFFEE



We all love coffee, especially Ecoandino organic coffee, with its captivating aroma, from the largest production area of Peru. Coffea Arabica is descended from the original coffee trees discovered in Ethiopia.



Scientific name:

Coffea arabica L

Region of Origin:

Junin

Health Benefits:

Coffee will give a high level of antioxidants. It will help you prevents weight increase, cardiovascular problems and detoxifies the body. Coffee beans are also perfect to start a new healthy lifestyle. The use of the pure powder has also been used as a weight control. It is no wonder that this is considered a superfood.

Main Phytochemicals:

Help reduce weight, Dietary Fiber and Antioxidants.

Presentation:

Raw Green Coffee Powder, Toasted Ground Coffee and Toasted Coffee Beans.

Common uses:

You can use Ecoandino's green coffee powder as an ingredient for supplement, food additive, formulation and other health products. Also you can make delicious cakes and smoothies to boost you day all time long. Green coffe beas are easy to make in a coffee machine, because it's always coffee time.

ARRACACHA



Also known as the “white carrot”. Arracacha is one of the oldest Andean plants and the most cultivated in the pre-Inca period, whose domestication preceded the potatoes and maize. The roots contain starch of easy digestibility.



Scientific name:

Arracacia xanthorrhiza

Region of Origin:

Oxapampa

Health Benefits:

Ecoandino's organic arracacha is very rich in calcium, iron and vitamin B3 better than potato and cassava. This superfood has a pleasant taste and it is easy to digest due to small size starch grains, this all natural powder is easy to prepare, making it an excellent baby food additive or food for the elderly.

Main Phytochemicals:

Rich in calcium and iron, and Vitamin B3 (niacin) an undoubted source of Vitamin A.

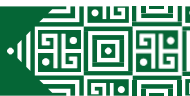
Presentation:

Raw Arracacha Powder

Common uses:

You can use Ecoandino's organic arracacha as an ingredient for desserts, snacks. Also, you can prepare delicious cakes because it substitutes partially other flours such as wheat. You can make magnificent smoothies with gelatinized arracacha mixed with lucuma powder and yacon syrup.

GINGER



Ginger is a miraculous root, originating in Southwest Asia, more specifically in China. Once brought to Latin America it was used as a natural anti-inflammatory and especially for respiratory problems.



Scientific name:

Zingiber Officinale

Region of Origin:

Junin

Health Benefits:

Ecoandino's organic ginger powder is a high source of nutrition, bioactive compounds and vitamins. Our organic ginger contains oleoresin that gives it the spicy but refreshing taste. It facilitates digestion. There are so many great ways to incorporate organic ginger powder into your diet.

Main Phytochemicals:

Anti-inflammatory, Aids Digestion, Vitamins and Minerals

Presentation:

Raw Ginger Powder

Common uses:

Ecoandino's organic ginger powder has a sweet and slightly spicy taste that is best used in drinks such as tea, ale, lemonade, smoothies, homemade jams or pickles. You can also prepare sweet dishes such as ginger bread, desserts, biscuits, cookies, and also in savory dishes like chutney.

CATS CLAW



This magnificent superherb, originally from Peru, has been traditionally used for more than 2000 years in folk medicine. For health purposes is prepared as infusion from the root and bark. Cat's claw is also known by other names such as samento, rangaya, scribble and others.



Scientific name:

Uncaria Tomentosa

Region of Origin:

Pucallpa - Ucayali

Health Benefits:

It's been used as traditional medicine by indigenous peoples in the Andes. This magnificent superherb is a natural plant which is attributed anti-inflammatory and detoxifying properties and as a booster of the immune system. It is a perfect superherb for a healthy life style!

Main Phytochemicals:

Anti-Inflammatory

Presentation:

Bark Powder and Bark Chunks

Common uses:

You can use Ecoandino's cat's claw powder as an ingredient for supplement, infusions, formulation and other health products. Also you can make delicious smoothies to boost you day all time long. Cat's claw chunks are perfect to make infusions for tea time!

GRAVIOLA



This magnificent leaf is native to the rainforest of Peru. The fruit of the tree is sold in local markets in the tropics where it is called Guanabana and is excellent for making drinks and sorbets and, although slightly acidic, can be eaten fresh, and the leaf of this tree is called graviola.



Scientific name:

Annona muricata L.

Region of Origin:

Chanchamayo - Junin

Health Benefits:

This superleaf contains minerals and vitamins such as iron, phosphorus, calcium, vitamin A, B1 and B2. Graviola leaf powder helps to naturally reduce inflammation and improve joint conditions, strengthen the immune system, improve mood and boost cell health for a perfect addition to a healthy lifestyle.

Main Phytochemicals:

Anti-inflammatory, Vitamins and Minerals

Presentation:

Raw Graviola Powder

Common uses:

You can use Ecoandino's organic graviola leaf powder as an ingredient for supplement, infusions, formulation and other health products. Also you can make delicious smoothies to boost you day all time long. Graviola powder is perfect to make your day awesome!



Q'uma comes from the word Q'umara, which means "healthy" in the native language of the people from the Peruvian rainforest. So, Q'uma describes perfectly our commitment to only use the finest, wholesome, organic and delicious ingredients for all of our chocolates.

**Extra Dark
Dark
70%:**

**Dark Golden Berries
70%**

**Dark Maras Salt
70%:**

**Dark Quinoa
70%**

**Dark Chia
70%**

**Dark Cacao Nibs
70%**

**Milk Choco late
50%**



Hearty Flakes

The nutritious crunch



The main ingredient of Hearty Flakes is purple corn that contains special anthocyanins (cyanidin-3-b-glucose). These are a type of complex flavonoid that produces purple colors. Hearty Flakes also have Quinoa, an Andean food consumed since prehispanic cultures, certified by the FAO and recommended by NASA as a complete food for its high nutritional content. You will love this organic product because it contains yacon, an ancestral tuber with a sweet taste from sugars, especially FOS. This cereal is perfect for breakfast because it has cacao that enhances the effectiveness of other minerals and nutrients in the body for a healthier life.

Super Ingredients



Organic
Purple Corn
Powder



Organic
Quinoa
Powder



Organic
Yacon
Powder



Organic
Cacao
Nibs

Jams

Peru in a jar



**Camu Camu
& Yacon Jam**

**Golden Berry
Jam**

**Lucuma &
Yacon Jam**

**Pineapple &
Yacon Jam**



Our delicious and premium jams provides health benefits depending of the presentation and great flavors. Ecoandino's organic jams contain fruits that are grown under the organic production system. All of them are naturally sweet thanks to organic agave syrup.

Four choices are available: Golden berry jam, Lucuma and yacon jam, Pineapple and yacon jam and Camu Camu and yacon jam. All organic and tasty! You will want to feel the aroma and discover a new way to have a healthier life.

Mornings

Boost your day



**Lucuma
Morning**

**Maca
Morning**

**Cacao
Morning**



Ecoandino's Mornings are perfect to start daily activities. Mornings contain quinoa, maca, algarrobo, cinnamon and purple corn. All off these flavours come in our three different presentaciones: Lucuma Mornings, Maca Mornings and our award-winning Cacao Mornings.

Organic foods provide many benefits to consumers. These delicious powder blends are a great for health because they contain no added sugar, no chemical additives and are all organic! Enjoying Ecoandino's Mornings will give you all the benefits of the superfoods. Lucuma, Cacao and Maca are superfoods that are great for a healthy lifestyle. All the Ecoandino's Mornings are gluten-free.

Nutribreak

Ready to Eat! - Ready To Go!

**Nutri Break
Golden Berries**



**Nutri Break
Mix Nuts**



Nutribreak in both presentations are based on quinoa, an Andean food consumed since prehispanic cultures, certified by the FAO and recommended by NASA as a complete food for its high nutritional content and Maca, one of the best Peruvian superfoods. Other of the main ingredients of Nutribreak is purple corn that contains special anthocyanins (cyanidin-3-b-glucose). These are a type of complex flavonoid that produces purple colors. You will love this organic product because it contains yacon, an ancestral tuber with a sweet taste from sugars, especially FOS. These organic bars are perfect for breakfast because it has cacao that enhances the effectiveness of other minerals and nutrients in the body for a healthier life.

Inkita

Andean Eco Foods

