

*You've
gotta
nourish
to
flourish*



JOMEIS

The name Jomei means
"he who spreads the light",
which is the ethos embodied by
Jomeis Fine Foods. #spreadingthelight

We believe that knowledge is power &
live by the Hippocrates quote "Let food be
thy medicine & medicine be thy food."

With that in the forefront of our minds, we
have developed a range of delicious, healthy
alternatives that #loveyouback.

All natural, vegan & allergy friendly, our
products are extremely versatile & can be
used in both sweet & savoury dishes.

A big part of our mission is to also help
educate our community, so we have created
a podcast for you, with a focus on longevity,
exploring what people can do to live a longer,
stronger, happier, healthier life - we invite you
to check it out @onebodyonelifepodcast,

We hope you enjoy making these scrumptious
recipes & that you feel inspired to make good
choices every day, that help you
live your best life.

You've gotta nourish to flourish!
With love & optimal health xx

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*A healthy
outside comes
from the inside*



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Pretty Pink Popcorn

Option 1:

- 2 cups popcorn kernals
- 4 tbsp vegan butter
- 1 tbsp Beetroot Latte

Option 2 :For sweeter candied popcorn:

- 2 cups popcorn kernals
- 2 cups pure maple syrup
- 4 tbsp vegan butter
- 2 tbsp Beetroot Latte

Option 1:

1. Cook popcorn in an air popper or pot with your choice of butter or oil.
2. Once popcorn has cooked and still hot, pour over 4 tbsp melted vegan butter and sift 1 tbs Beetroot Latte over the popcorn while mixing through.

Options 2: For sweeter candied popcorn

1. Cook popcorn.
 2. Lightly heat 2 cups pure maple syrup, with 4 tbsp vegan butter and 2 tbsp Beetroot Latte.
 3. Coat cooked popcorn in the mix and toss well.
 4. Pour out onto a lined baking tray and bake for 10 mins at 180 degrees.
1. Allow to cool. Enjoy!

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Let food be thy medicine



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Beetroot Hummus

Ingredients:

1 red onion

8oz can chickpeas rinsed

1 large clove garlic

1/4 cup lemon juice

1/2 cup hulled tahini

1/4 cup extra virgin olive oil

1/2 tsp good quality salt or
to taste

2 tspns Beetroot Latte

1. Place all ingredients into your blender.

2. Blend on high until you reach your desired consistency.

3. Spread over your fave bread or enjoy with veggie sticks.

Keeps well in the an airtight container in the fridge for a week or so!

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*You are what
you eat*



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Cacao Drizzle

Ingredients:

1/3 cup MCT or liquid Coconut oil

1/3 cup Cacao Latte

1/3 cup pure maple syrup

1. Stir all ingredients together in a bowl until latte has dissolved.

2. Drizzle over pancakes, waffles, fruit...the options are limitless!

3. To serve warm, simply heat on stove top to desired temperature.

Yum!

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*Life comes
through the food*



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Cacao & Coconut Granola

Ingredients:

3 cups oats

1 cup shredded coconut

1/2 tspn cinnamon

2 tspn Cacao Latte

Pinch of Himalayan salt (optional)

1/3 cup maple syrup

Fresh blueberries to serve

1. Mix together all dry ingredients.
2. Stir in maple syrup making sure you coat everything well.
3. Bake on a lined baking tray at 180deg for 30 minutes.
4. For a raw version, dehydrate for 6-8 hours at 80deg or until crispy.
Stir at least once.

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Everything in moderation



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Dalgona Spicy Ginger Latte

Ingredients:

1/2 cup coconut cream, fully chilled

2 tbsp powdered sugar

1 tsp Spicy Ginger Latte

1 1/2 cups plant based milk

1. Prep the night before:

Fully chill a can of full fat coconut milk or coconut cream overnight in the fridge.

Ready to make it:

2. Open your can of coconut milk or cream. Scoop out 1/2c of the coconut solid. Scoop into a medium bowl.

3. Add the powdered sugar to the coconut cream.

4. Using a hand held or stand alone mixer to whip coconut mixture until it is smooth and fluffy. Use up and down motions, on the highest speed, to fully whip into a fluffy texture. Try to avoid over whipping – warming the coconut cream too much will make it melt and lose it's fluff. Set aside.

5. Heat milk with Spicy Ginger Latte on stove top.

Pour into serving glass.

6. Scoop the foam over top of the milk, sprinkle with extra Spicy Ginger Latte and serve!

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Fresh is best



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Lunch Time Wrap With Spicy Ginger Yoghurt

Ingredients:

Your choice of the following; Flatbread, tomato, cucumber, red onion, serve of protein (tofu, egg, tuna, chicken) olives, sprouts, baby spinach, chargrilled capsicum.

For the Spicy Ginger yoghurt:

1/2 cup natural coconut yoghurt

1/4 tspn Spicy Ginger Latte

A little fresh, crushed garlic (optional)

1. Assemble your wrap with desired ingredients.
2. Mix all Spicy Ginger yoghurt ingredients together (add a little extra latte if you like it hot!)
3. Top your wrap with the delicious yoghurt, roll it up. Enjoy!

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*The first
wealth is health*



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Turmeric Spiced Nuts

Ingredients:

- 2 cups raw cashews (pecans, almonds & walnuts are also a great option)
- 1/2 cup pure maple syrup
- 1 heaped tspn Turmeric Latte
- Cracked pepper to taste

1. Mix all ingredients together.
2. Pour out onto a lined baking tray.
3. Bake for 10 minutes on 180 degrees.
4. Remove from oven and allow to cool and crisp up before serving.

Enjoy!

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*Good food is
good mood*



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Tropical Turmeric Chia Pudding

Ingredients:

6 tbsp chia seeds

2 cup of unsweetened coconut milk

1 tspn Turmeric Latte

1/4 tspn vanilla extract

1 tspn pure maple syrup

1. For the vanilla layer, add 3 tbsps of chia seeds & 1/4 tspn vanilla extract to 1 cup coconut milk.
2. In a separate bowl, mix together the turmeric layer by combining 3 tbsp chia seeds, 1 tspn maple syrup, 1 tspn Turmeric Latte.
3. Cover and refrigerate overnight.
4. To serve, layer the two colours & top with fresh mango & coconut.

So delicious!

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*Food is the
ingredient that
binds us together*



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Matcha Creme Brulee

Ingredients:

- 13.5 oz can coconut milk
- 1 tbsp arrowroot powder
- 1/4 cup coconut sugar
- 1/4 cup raw cashews
- 1 tspn vanilla extract
- 1 tspn nutritional yeast flakes (optional)
- 2 tspn Matcha Latte
- 4 tbsp coconut sugar (for topping)

1. Combine the coconut milk, arrowroot powder, sugar, and cashews in a sauce pan. Stir to combine. Bring to a simmer over medium heat while stirring (this can take up to 3 -5 minutes). Simmer for 1 minute then remove from heat. (Don't worry about lumps if they occur)
2. Add the cream mixture to a high speed blender. Add the nutritional yeast flakes, vanilla, and Matcha Latte. Blend until creamy.
3. Pour the cream into 4 brulee dishes or ramekins. Place in the fridge to set for at least 2 hours or even better, overnight (the longer it sits the thicker the cream will become).
4. Before serving, sprinkle the top of each with approximately 1 tablespoon coconut sugar and make sure the entire surface of cream is covered. Use a kitchen torch to caramelize the sugar and create a crispy top coating. Serve immediately or refrigerate for up to an hour before serving.

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*Every bite you take
is either fighting
disease or feeding it*



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Matcha Furikake

Ingredients:

1/2 cup toasted sesame seeds

1/4 cup Bonito flakes (optional)

1 cup finely cut roasted
seaweed

2 heaped tspns Matcha Latte

Pinch of Himalayan pink salt

Combine. Sprinkle. Enjoy!

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Cook with love



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Vegan Minty Cacao

Mousse

Ingredients:

150g dairy free, dark chocolate
2 large ripe avocados
2 tbsp Minty Cacao Latte
2 tsp vanilla bean paste
3 tbsp pure maple syrup
160ml coconut cream

1. Place a heatproof bowl over a pan of simmering water, making sure the base doesn't touch the water.
2. Break up the chocolate into the bowl to melt then set aside to cool slightly.
3. Halve, remove the skin & stone from the avocados then place flesh into a processor.
4. Add remaining ingredients into the processor and pulse until all ingredients are combined. scrape down the sides with a spatula when needed.
5. Pour in the cooled, melted chocolate into the processor and pulse for the final time until you have a smooth consistency.
6. Divide mixture between six small bowls and refrigerate for at least 30 minutes to set.
7. Serve with extra grated chocolate and fresh mint. Enjoy!

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Green is good



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Minty Cacao Cupcakes

Ingredients:

1c gluten free flour
¼c cacao
3 tbsp Minty Cacao Latte
1 tsp baking powder
½ tsp baking soda
¼ tsp pink salt
1c plain rice, soy, or coconut milk
¼c melted coconut oil
½c maple syrup
¼c coconut sugar
1 tsp apple cider vinegar
1 tsp vanilla extract

Dairy-Free Mint Icing:

¼c nuttelex or vegan butter
3c powdered sugar
¼ cup + 1 tbsp coconut cream
1½ tsp mint extract
1 tsp vanilla extract
1 tbsp liquid chlorophyll for colour (optional)
1c of dairy free chocolate chips

Instructions:

1. Preheat your oven to 180 deg and grease a 12-muffin tin
2. Sift together the flour, cacao, Minty Cacao Latte, baking powder, baking soda and salt in a medium bowl.
3. In a mixing bowl, combine the milk, oil, maple syrup, sugar, vinegar, vanilla, and mint, if using. Beat at medium speed for about 2 Mins.
4. Add the dry ingredients to the wet and beat for another minute to combine.
5. Fill each cupcake liner about $\frac{2}{3}$ full and bake for about 25-30 minutes, or until a toothpick inserted into the center of a cupcake comes out clean.
6. Let cupcakes cool 5 min, then remove to a wire rack to cool completely before icing.

For the Dairy-Free Minty Cacao Icing:

1. Cream the butter in a mixing bowl for 2 minutes, or until soft.
2. Add 1 cup of the powdered sugar and a few splashes of the coconut cream. Mix to incorporate and continue to add the powdered sugar & other ingredients in increments until it is used up and the frosting is at the desired consistency.
3. Blend in the extracts.

To Assemble:

Use a piping bag with a large star tip to frost the completely cooled cupcakes. Decorate with dairy-free mini chocolate chipst or even a sprig of fresh mint.

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*Eat well. Live well.
Be well*



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Matcha & Cacao Energy Smoothie

Ingredients:

1 ripe banana

Handful of Fresh mint

4 Ice Cubes

Squeeze of fresh lime

1/4 cup Coconut milk

1/4 cup fresh orange juice

1 tbsp Matcha & Cacao Latte

1. Add all ingredients to a blender and blitz until completely smooth and delicious.
2. Top with cacao nibs and a little extra Matcha & Cacao Latte. Enjoy!

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*Eat healthy,
feel healthy*



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Matcha & Cacao Adaptogenic Elixir

Ingredients:

A little hot water

1/2 tspn Matcha & Cacao Latte

170 mls hot milk of choice

1/2 tspn ashwaganda powder

1/2 tspn chaga powder

1/2 tspn maca powder

- 1.Heat your choice of milk.
- 2.Add all powders to a cup.
- 3.Add a little hot water and stir to create a paste.
- 4.Top with warm milk, stir. Enjoy!

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Love at first bite



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Balsamic Glazed Pears

Ingredients:

4 Bosc pears, halved and cores removed

Juice of 1/2 orange

1/4 cup pure maple syrup

drizzle of olive oil

Organic Sweet Balsamic Reduction

1. Wash, cut and core pears.
2. Place pears onto a lined baking tray.
3. Mix orange juice with maple syrup and pour over pears and follow up with a drizzle of olive oil.
4. Bake at 180 degrees for 20-30 (depending on desired softness)
5. Remove pears from oven, place onto serving platter and drizzle with our Organic Sweet Balsamic Reduction.

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*Good food is the
foundation of
genuine happiness*



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Jomeis Signature Creamy Salad Dressing

Ingredients:

1/3 cup Sweet Balsamic Reduction

1/3 cup apple cider vinegar

1/3 cup flaxseed oil

1 tbspn Dijon or seeded mustard

1/3 cup unhulled tahini

1-2 cloves crushed garlic

Salt & pepper to taste

1. Measure and add all ingredients to a glass jar.

2. Shake baby shake.

3. Pour over your favourite salad.

Enjoy!

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