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GRILL UP ADVENTURE THIS BBQ SEASON WITH SPICES FROM AROUND THE WORLD

Grill masters, get ready to take your grilling game to new heights this summer! With Malabar's exceptional range of spice blends, you can effortlessly create mouthwatering grilled dishes inspired by culinary flavours from around the globe. It's time to fire up the grill and give your meals a new sense of adventure.

- Take a trip up North and give your steak some Canadian flare with our Montreal Steak Spice.
- Enhance your "Taco Tuesday" festivities with the authentic flavour of our Mexican Sausage Seasoning.
- Calling all Shawarma Lovers, prepare to be impressed. For the best Shawarma flavour give our Chicken Shawarma Seasoning a spin.
- What pairs perfectly with the grilling season? Island flavour. Try our Jamaican Jerk Seasoning for a little heat!

MAXIMIZE FLAVOUR, MINIMIZE EFFORT

Why Marinades Are Essential for a Memorable BBQ Season!

Between holidays, backyard parties and everything in between, summer is a very busy season for most people. But don't let a busy schedule impact your meals. Let Malabar Liquid Marinades be the answer to a summer spent on your terms, free from kitchen duties, and fully immersed in the activities you love. From protein and seafood, to pasta, rice, vegetables & even plant-based protein, Malabar Liquid Marinades are your solution for a smooth summer, full of flavour!

FIND YOUR PERFECT MARINADE:

- For your summer pasta salad, try Herby Willy Marinade.
- Fire up your grill and take your protein to flavour town with Tandoori Marinade.
- Vegetarian or Vegan? No problem! Our marinades are perfect for all of your plant-based meals. Pair our Honey Barbecue Marinade with your plant-based protein (tofu, seitan or tempeh).



BOOST YOUR SUMMER HEALTH WITH PLANT-BASED PROTEINS

Discover the Benefits of Vegan Protein



With the summer season in full swing, it's time to explore exciting and nutritious ways to enhance your meals. Have you considered incorporating more plant-based proteins into your summer diet? Doing so will not only contribute to your own well-being, but it's also a fantastic way to make a positive impact on the environment.

PERKS OF PLANT-BASED:

- 1. Health Boost:** Plant-based proteins offer a wide range of health benefits. Oftentimes, they are low in saturated fats and cholesterol, while being rich in fibre, vitamins, and minerals. By including plant-based proteins in your summer meals, you can nourish your body with the nutrients it craves while enjoying delicious and satisfying dishes.
- 2. Environmentally Conscious:** Did you know that reducing your meat consumption can have a significant positive impact on the environment? By choosing plant-based proteins, you can actively support sustainable food choices and reduce your carbon footprint, all while savouring delectable plant-powered creations.
- 3. Culinary Adventure:** Embracing plant-based proteins opens up a world of culinary possibilities. Explore the vibrant flavours and textures of plant-based proteins like tofu, tempeh, seitan, etc. From refreshing summer salads, to hearty grain bowls, to mouthwatering BBQ alternatives and creative plant-based burgers, the options are endless.



ENHANCE YOUR HEALTH THIS SUMMER:

Reduce Sodium Intake with NuTek Sodium Alternative!

As the temperatures rise and summer takes centre stage, it's the perfect time to prioritize our health and well-being. Understand the importance of reducing your sodium intake this summer and discover Nutek, a Sodium alternative solution that can help you maintain a balanced and flavourful diet.

1. **The Impact of Sodium:** While sodium is an essential nutrient, excessive consumption can have detrimental effects on our health. High sodium intake has been linked to increased blood pressure, which can in turn lead to heart disease, stroke, and other cardiovascular issues. Reducing sodium levels in our diets is crucial for maintaining a healthy lifestyle.
2. **A Summer of Flavourful Alternatives:** Nutek sodium alternative offers an exciting way to enjoy delicious meals while significantly reducing your sodium intake. This innovative ingredient is a clean-label alternative that effectively replaces sodium chloride (table salt) without compromising taste. With NuTek, you can savour the flavours of summer without the concerns associated with excessive sodium consumption.

This summer, make a commitment to prioritize your health by reducing sodium intake with NuTek. You can create delicious meals that are low in sodium but high in flavour, ensuring a summer of wellness and culinary delight.



Look for our next edition in Fall 2023



Malabar Ingredients, Unit 1 – 3570 Platinum Drive, Mississauga, ON L5M2R7 www.malabaringredients.com
For more information on any of the subjects covered in this newsletter, or to suggest topics you'd like to see covered in future editions,
please contact 905-632-2062 or 1-888-456-6252.

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