

SOUL FLAVOURS PURE HONEY

Modicare
#SochBadlo

*Boost your energy,
Naturally!*

It's time to substitute artificial sweeteners with this natural sweetener
that is perfect to improve your energy levels, all day long!





SOUL FLAVOURS PURE HONEY

Healthy substitute of refined sugar that has been used since ages for weight reduction & maintaining the overall health. This natural sweetener is colloquially also referred to as liquid gold. Sourced from nature's lap Soul Flavours Pure Honey is a wonder food that is rich in anti-oxidants, important vitamins and essential minerals. Add a spoonful to your diet & have a power packed day.

Honey Vs Refined Sugar

Why should you use honey instead of Refined sugar to sweeten your food?

- Honey can be used in smaller amounts than Refined sugar without compromising on the sweetness.
- Honey contains traces of vitamins & minerals that are good for health. Refined Sugar can increase the risk of certain diseases.
- Raw honey can help alleviate allergies. Refined Sugar is hard to digest & can lead to weight gain.

Code: FP0010 | MRP: Rs. 330 | Pack Size: 500g

SOUL FLAVOURS PURE HONEY WITH GINGER

Dash of ginger with pure honey to recharge & give you that extra push for the day. Both honey and ginger have been used for thousands of years in Ayurveda for its diverse healing properties especially persistent cough & sore throat. The rich tasting Soul Flavours Pure Honey with Ginger is a perfect pick for a rejuvenated day.

Benefits of using Ginger with Honey

A mixture of honey and ginger works wonders for the body!

- An excellent expectorant and therefore known to provide instant relief to people suffering from cough, cold, sore throat, and a runny nose.



- Ginger speeds up the emptying of the stomach through its digestive properties, which can prevent the discomfort and probability of nausea.
- Both of them have antioxidant properties, thereby, improving the body's immunity.

Code: FP0012 | MRP: Rs. 395 | Pack Size: 500g



SOUL FLAVOURS PURE HONEY WITH TULSI

Honey & Tulsi have been used for thousands of years in Ayurveda. Tulsi is known to improve immunity, strengthen respiratory system & as a great source of energy, while honey is rich source of antioxidant with incredible health promoting properties. Soul Flavours Pure Honey with Tulsi, is a perfect mix of both natural ingredients & is excellent to taste while being a great immunity booster.

Benefits of using Honey with Tulsi



- Strengthens the immune system
- Treats common cold & cough
- Natural healthy remedy for certain allergies
- Has anti-ageing properties
- Good for heart health

Code: FP0011 | MRP: Rs. 395 | Pack Size: 500g



DELICIOUS RECIPES MADE WITH SOUL FLAVOURS HONEY

Here are a few sumptuous recipes made with the new Soul Flavours Honey. These easy-to-make recipes are perfect for all who wish to choose an alternate to refined sugar & still enjoy tasty snacks.

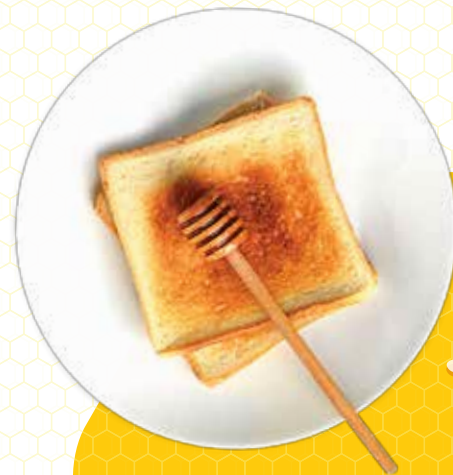
HONEY & TOAST

Ingredients:

- Refined Flour – 500g
- Egg – 2
- Soul Flavour Pure Honey – 1 cup
- Baking powder – ½ tsp
- Cardamom powder – ½ tsp
- Black pepper – ½ tsp Salt – to taste

Method

- Mix all the ingredients in a bowl.
- Grease the tin with oil. Spread the mixture on the tray.
- Put the tray into a pre-heated oven of 180 degree.
- Till it gets backed.
- Cut the mixture into pieces of square or rectangle shape.



HONEY POPCORN

Ingredients:

- 10 cups plain popped popcorn
- 3/4 cup brown sugar
- 1/3 cup Soul Flavours Pure Honey
- 2 tbsp butter

Method

- Min a large frying pan, place the brown sugar, Soul Flavours Pure Honey and butter.
- Stir over a low heat until it is bubbling and the sugar is entirely dissolved.
- Turn heat off and add the popcorn to the pan.
- Tumble until all the corn is covered in the syrup mixture.
- Lay on a tray to cool or spoon into patty cases for party sized serves.
- Just wait until it is slightly cooled and roll tablespoon size balls. Just make sure you rub a little oil on your hands so they coating washes off easily.
- I used a non-stick pan and a silicon spatula to make this clean-up much easier.

