



Pure vegetarian (and tasty!) products from **Marigold Health Foods**



Marigold Bouillon – Organic



The natural enhancer of organic soups, stews, casseroles, sauces, savouries, rice and grain dishes. Also a delicious instant hot drink in its own right. A 150g size tub makes 7.5 litres of stock. Its powder form gives it much more 'spoonability', making it easier to measure for taste than a cube. Gluten free. Dairy free. Nut free. Contains yeast extract.



Marigold Bouillon – Standard

Delia Smith says: "This is without doubt an ingredient that has revolutionised modern cooking. Before Marigold, you had to either make your own stock, or resort to the dreaded chemically flavoured cube. If there were good ingredient awards, this would win first prize". Yeast free. Gluten free. Nut free. The only Marigold HealthFoods product to contain lactose (milk sugar).



Marigold Bouillon – Reduced Salt & Organic Reduced Salt



Created in response to government guidelines on salt intake, this product has an exquisite, more subtle taste, making it a delightful instant hot drink as well as being a vegan stock powder. Gluten Free. Yeast free. Dairy free. Nut free. The purple tub contains 40% less sodium; grey tub 50% less sodium.



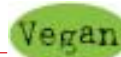
Marigold Bouillon – Cubes



For those who really do prefer cubes, we have **three organic, vegan, gluten-free** options: The ever-popular Standard cube in the red box – HVP free. Nut free. The Low Salt version in the purple box – Nut free. HVP free. The Yeast-free version in the green box – Nut free. Each 72g pack contains 8 cubes.



Marigold Engevita Yeast Flakes



The vegan food with the cheesy, nutty taste. Made from primary inactive yeast without artificial additives or preservatives, Engevita Yeast Flakes provide one of the richest natural sources of the B group vitamins and trace elements. This nut-free product can be sprinkled on soups, stews, casseroles, pasta and salads to enhance the flavour. To preserve valuable vitamins, do not heat to 100 degrees C.



Marigold Liquid Aminos



Coming in a handy dropper bottle, this product is a Yeast free, Gluten free, Nut free alternative to tamari and soya sauce. Brilliant for adding to stir-fries, or giving that extra kick to any savoury dish. Listed on the label are 17 of the essential amino acids contained in the protein element of this product.



Marigold Braised Tofu



This is a versatile and highly nutritious vegan food in a ring-pull can which can be served either hot or cold. Made from yuba (the cream of soya milk), this product has the soft delicate consistency of tuna, making it an ideal alternative to meat or fish. Yeast-free and nut free, it is delicious in salads, sandwiches, stir-fried with vegetables and ideal for casseroles. Over the years, this has assumed real cult status in the vegan world.



Marigold Organic Gravy Powder



Just add water to prepare this classic gravy. Ideal with nut roasts, vegetable bakes or any organic meat dishes, this product is both vegetarian and vegan. A 110g tub of nut-free gravy mix contains sugar and wheat flour and will deliver five servings of 250ml liquid for your gravy boat.



Marigold Organic Instant Miso Bouillon Powder



Miso is a traditional Japanese fermented food which has long been regarded for its health-giving qualities. We have combined organic soya and barley with vegetables, herbs and spices to give a more western flavour to this far eastern treasure. One teaspoon per cup of boiling water of this nut-free, HVP-free powder, delivers a hearty beverage with only 12.4 calories per cup. Miso Bouillon Powder will make an excellent soup or stock, each 140g tub providing 7 litres. Dr Gillian McKeith has recommended people following her diet plans to drink miso soup on a regular basis.

For complete **Nutritional Information** and **Ingredients** for each **Marigold** product see the www.marigold-health-foods.com.au

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