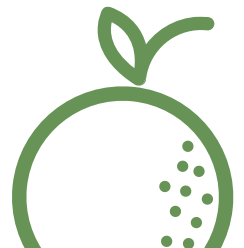
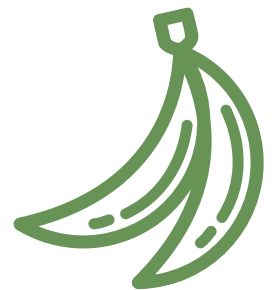
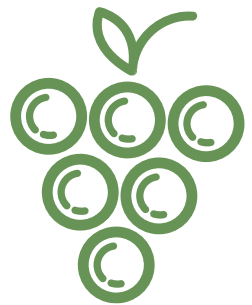
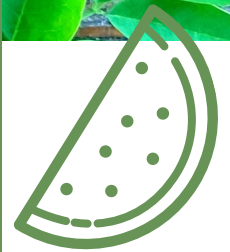




20 WAYS TO USE MORINGA POWDER

IDEAS & RECIPES TO INCORPORATE
MORE OF WHAT IS CALLED "THE
WORLD'S MOST NUTRITIOUS CROP"
INTO YOUR DIET AND LIFE



What is Moringa?

Moringa Oleifera is a tree native to the Himalayan foothills, cultivated extensively in India and parts of Africa. Found mainly in tropical and subtropical areas, Moringa is a drought resistant and fast growing tree that can be harvested year round.

Moringa is an ancient superfood also known as the “miracle plant.” The leaves, bark, flowers, fruit, seeds, and root are rich in medicinal properties and nutritional benefits.

For centuries, natives have used its leaves and pods as a valuable food source. The leaves of the Moringa trees are recognized as some of the most nutrient dense, and can be used as a dietary supplement or applied topically.

The Moringa leaves are packed with vitamins A, B, C, D, E, and minerals including potassium, calcium, iron, selenium, and magnesium. Packed with antioxidants and high in protein, Moringa can also help improve digestive health, maintain healthy cholesterol levels, boost the immune system, and reduce inflammation.

Hana Tropicals Maui Moringa

Our products are held to an organic standard, so all our Moringa trees are lovingly tended to with natural farming practices, without harming the surrounding environment or our team.

We strive to deliver the highest quality, sustainably sourced Moringa products to you and your family. We harvest our Moringa early in the morning, when the leaves are at peak nutritional content. Our leaves are then hand washed, sorted, and stripped to prep for the dehydration process.

We process our Moringa in small batches, dehydrating on the same day to avoid deterioration of the nutritional properties of the leaves once they are harvested.

The dehydrated leaves are blended into a fine powder for our superfood powders. It can be added to soups, stews, or any stir fry when cooking, but we recommend adding it raw at the end of cooking or just before eating to optimize the nutritional benefits.

There are so many ways to use Moringa powder, we hope you enjoy the recipes included in this book!

For more information on our products or if you would like to order more, visit our website at <https://hanatropicals.com/moringa-products/> and follow us on instagram! @mauimoringa and @hanatropicals. Aloha!



Disclaimer:

Statements made in this book have not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease.



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Drinks &

Juices



Moringa ACV Drink

An easy way to consume Moringa powder is to simply mix into a liquid of choice and consume first thing in the morning. You can add it to just plain water, or use coconut water, fresh apple juice, or orange juice. Apple cider vinegar helps balance the taste of the Moringa while also aiding in digestion and detoxification of the body. Serves 1.

Ingredients:

8oz. liquid of choice

1/2Tbsp Moringa powder

1/2Tbsp apple cider vinegar (optional)

Directions:

Stir until combined and enjoy!



Moringa Lemon Water

This simple drink is great to have first thing in the morning. The acidity from the lemon balances the taste of the Moringa while providing a variety of benefits. Serves 1.

Ingredients:

8oz. hot water

juice of half a lemon

1tsp Moringa powder

Directions:

Add the lemon juice and Moringa powder to a mug. Pour over hot water and stir until combined. Enjoy!



Moringa Latte

A delicious spin on the matcha latte without the caffeine crash! Serves 1.

Ingredients:

1tsp Moringa powder

12oz plant milk

1tsp sweetener of choice

Directions:

Combine Moringa latte powder, plant milk, and sweetener (we recommend honey or maple syrup) to a blender. Blend for 30 seconds, until combined and frothy.

Pour into a small saucepan and heat over medium-high heat until steaming, but not boiling. Transfer to a mug and garnish with cinnamon. Enjoy!





Smoothies &

Smoothie

Bowls



Mango Green Smoothie

A light and refreshing green smoothie to start your day!

Serves 1.

Ingredients:

1c liquid of choice (water, coconut water, almond milk, etc.)

1c frozen mango

1 banana

1c spinach

1/2Tbsp Moringa powder

Directions:

Combine all ingredients into a blender and blend until smooth. Enjoy!



Banana Ice Cream

A healthy and delicious twist on a classic favorite!

Serves 1.

Ingredients:

1/4-1/2c plant milk of choice

3 frozen ripe bananas

1/2tsp vanilla extract

1tsp cinnamon

1tsp Moringa powder

Directions:

Combine all ingredients into a blender and blend until smooth. If needed, put into the freezer for 30 minutes to firm up the consistency. Pour into a bowl and top with anything of your choice. Some of our favorites are peanut butter, melted chocolate, and granola!





Berry Smoothie Bowl

A fiber and antioxidant rich bowl! Serves 1.

Ingredients:

1/2c liquid of choice (water, coconut water, almond milk, etc.)
1c frozen berry mix
1 ripe frozen banana
1/2Tbsp Moringa powder
2 tsp Maca powder (optional)

Directions:

Combine all ingredients into a blender and blend until smooth. Pour into a bowl and top with anything of your choice. Some of our favorites are hemp seeds, chia seeds, pumpkin seeds, almonds, coconut flakes, and peanut butter!





Dips & Dressings



Lemon Tahini Dressing

A light dressing perfect for a green salad. Serves 2.

Ingredients:

2Tbsp tahini

1/2-1tsp Moringa powder

juice of half a lemon

1/2Tbsp olive oil

salt to taste

black pepper to taste

water to combine

Directions:

Stir everything except the water and Moringa powder until combined. Slowly incorporate water until dressing reaches desired consistency. Add in the Moringa powder. Best enjoyed right away!





Oil and Vinegar Dressing

A traditional oil and vinegar dressing with a healthy Moringa boost! Serves 2-4.

Ingredients:

1/2c olive oil

1/4c balsamic vinegar (can sub with raw apple cider vinegar or red wine vinegar)

1/4c lemon juice

2Tbsp Moringa powder

1tsp black pepper

1tsp Sea Salt

pinch of turmeric

pinch of paprika

Directions:

Add all ingredients into a glass bottle and shake until combined, or add to a bowl and whisk until combined.



Moringa Pesto

Add to your favorite pasta dish! Serves 4.

Ingredients:

1/8c fresh basil leaves
2Tbsp fresh baby spinach
2Tbsp fresh parsley leaves
1/2tsp Moringa Powder
2tsp minced garlic
1/2Tbsp pine nuts or chopped almonds
2Tbsp finely grated parmesan cheese
2tsp lemon zest
2Tbsp extra virgin olive oil
dash of salt
dash of pepper

Directions:

Add Moringa, basil, spinach, parsley, garlic, nuts, lemon zest, salt, and pepper into a food processor or blender and blend to a paste. Add the cheese and pulse while drizzling in the oil.



Moringa Beet Hummus

A great dip for crackers, raw veggies, on toast, or added to a salad. Serves 4.

Ingredients:

1/2tsp Moringa powder
1 can of chickpeas, drained and rinsed
1.5c cooked beetroot
1 clove of garlic, minced
2Tbsp tahini
2tsp ground cumin
1/2c olive oil
juice of 1 lemon
salt and pepper to taste

Directions:

Add all ingredients to a blender or food processor and combine until smooth.



Easy Guacamole

Try adding Moringa powder to any of your favorite guacamole recipes! This one serves 1-2.

Ingredients:

1 large avocado
1 small tomato, diced
1 small clove garlic, minced
1/2 small onion, minced
juice from half a lemon
1tsp Moringa powder
salt & pepper to taste

Directions:

Combine all ingredients in a bowl and enjoy. To preserve freshness and color, store in an airtight container in the refrigerator with the avocado pit





Bread & Baked Goods



Avocado Toast

A simple addition to a breakfast favorite to boost the nutrition content! Serves 1.

Ingredients:

2 slices of bread of choice, toasted

1/2 avocado

1/2-1tsp Moringa powder

squeeze of lemon juice

pinch of salt

pinch of black pepper

pinch of chili flakes (optional)

1tsp nutritional yeast (optional)

Directions:

Combine avocado, Moringa Powder, lemon juice, salt, and pepper into a bowl. Spread on toast and sprinkle chili flakes and nutritional yeast on top.





Baked Falafel Patties

Ingredients:

1/4c cilantro, loosely packed
1tsp cilantro, ground
2 cloves garlic
1/4c parsley, loosely packed
1/4 red onion, roughly chopped
1Tbsp lemon juice
1tsp baking powder
2Tbsp chickpea or regular flour
1tsp Salt
1Tbsp olive oil
1tsp ground cumin
2 tsp Moringa powder
1 can chickpeas, drained and rinsed

Directions:

Preheat oven to 350F and lightly grease a large baking sheet. Add all ingredients to a food processor and pulse until the chickpeas are chopped and the ingredients are fully mixed. The mixture should form a ball when you squeeze it in your hand. Roll the mixture into large balls, place on the prepared baking sheet and gently flatten into patties, about 1/2in thick. Brush with a little olive oil and bake for 25-30 minutes, flipping halfway through. Serve on top of a salad, in a pita, or with hummus! Serves 2-4.



Moringa Bread

Ingredients:

1 package (1/4 ounce) active dry yeast
2-1/4c warm water
3Tbsp + 1/2tsp sugar
1Tbsp salt
2Tbsp vegetable oil
6-1/4 to 6-3/4c bread flour
2Tbsp Moringa powder

Directions: In a large bowl, dissolve yeast and 1/2 teaspoon sugar in warm water; let stand until bubbles form on surface. Whisk together remaining 3 tablespoons sugar, salt, Moringa powder, and 3 cups flour. Stir oil into yeast mixture. Pour into flour mixture and beat until smooth. Stir in enough remaining flour, 1/2 cup at a time, to form a soft dough. Turn onto a floured surface and knead until smooth and elastic, about 8-10 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1-1/2 to 2 hours. Punch dough down and turn onto a lightly floured surface. Divide dough in half and shape each into a loaf. Place in 2 greased 9x5-in. loaf pans. Cover and let rise until doubled, about 1 to 1-1/2 hours. Bake at 375° until golden brown and bread sounds hollow when tapped. Remove from pans to wire racks to cool.



Chocolate Moringa Granola

This baked granola is great on its own, or mixed with milk or yogurt! Serves 4.

Ingredients:

- 1.5c rolled oats
- 1c quinoa (dry, raw, not rinsed)
- 2Tbsp chia seeds
- 1/4c cacao or cocoa powder
- 1/2tsp sea salt
- 1/4c shredded unsweetened coconut
- 1Tbsp Moringa powder
- 2Tbsp coconut oil, melted
- 2Tbsp almond or peanut butter, melted to liquid consistency
- 4Tbsp maple syrup
- 1tsp vanilla

Directions: Preheat the oven to 350 F. In a large bowl, mix together all the dry ingredients. In a separate bowl, combine the coconut oil, nut butter, and maple syrup. Pour the wet ingredients into the bowl over the dry ingredients and mix well. Spread the granola onto a baking sheet and put into the oven for 12 minutes, stir with a spatula and put it back in the oven for another 2 minutes. Be sure to keep an eye on it to avoid burning. Let it cool and enjoy!





Desserts



No Bake Peanut Butter Chocolate Bars

Ingredients:

1/2c coconut oil, melted

1/4c sweetener of choice (we like Maple syrup or honey)

1/3c peanut butter, melted to liquid consistency

1/3c cocoa powder

pinch of salt

1/8-1/4c Moringa powder

Directions:

Combine coconut oil, sweetener, and peanut butter. Once combined, stir in cocoa powder, salt, and Moringa powder. Pour into molds, cupcake tins, or onto a small baking sheet. Add a lining to avoid sticking to the baking sheet. Place in the freezer for at least an hour or until solidified. Cut into squares, top with coarse salt, and enjoy! Keep bars stored in the freezer.



Chia Pudding

A delicious fiber and protein-rich dessert! Chia seeds are loaded with nutrients, and are a great source of omega-3 fatty acids. Serves 1.

Ingredients:

1/2-1tsp Moringa powder

1c plant milk of choice

2Tbsp chia seeds

1tsp Maple syrup (or sweetener of choice)

Directions:

Add plant milk and Moringa powder into a jar or mug and stir until combined. Add the chia seeds and sweetener and mix. Allow the pudding to set in the fridge for at least 1 hour, but preferably overnight. Top with fresh fruit or yogurt and enjoy!



Moringa Bliss Balls

A sweet and simple recipe great for quick pre-workout energy, a snack on the go, or a healthy dessert! Makes 12 balls.

Ingredients:

1/2c rolled oats

1/2c chopped nuts (almonds or cashews work best)

3/4c pitted dates

2Tbsp sweetener of choice (maple syrup, agave, etc.)

1Tbsp coconut oil

4tsp cacao or cocoa powder

1/2tsp cinnamon

2tsp Moringa powder

Directions: Add the oats and nuts to a blender or food processor and blend until combined and finely chopped. Add the remaining ingredients and blend until a dough-like consistency forms. Roll into balls and coat with more cocoa powder. Store in an airtight container in the refrigerator.

Enjoy!





Face & Body



Moringa Face Mask

Apply to the skin at night as a refreshing face mask, or apply directly to the skin as a germ killing astringent, due to the powerful antioxidant and anti-inflammatory properties of Moringa. Makes 1-2 face masks.

Ingredients:

1/2Tbsp Moringa Powder
1/2 ripe avocado
1 Tbsp honey
1/2tsp lemon juice
1 tsp hot water (to help blend)

Directions:

Mix all of the ingredients together in a small bowl. Apply to your face using clean fingers. Take care to avoid the delicate eye area. Leave mask on your face for about 10-15 minutes, then rinse with warm water and moisturize as normal.



Moringa Body Scrub

Ingredients:

1/2c Epsom salt

1/4c coconut oil

2Tbsp Moringa powder

2 drops of ;emongrass essential oil

2 drops of lavender essential oil

Directions:

Apply scrub to face or body, exfoliating in a circular motion to invigorate the skin and encourage healthy new skin cell regeneration. Wash off with warm water. Enjoy!



Mahalo for trying our Moringa products!

If you tried a recipe, we'd love to see it! Post on instagram
and tag us @mauimoringa or @hanatropicals

