

Flora™ Sacha Inchi Oil

Sacha Inchi seeds (also known as “Star seeds”) have been used for centuries by the indigenous peoples of the Amazon in Peru for their nutritional properties. Sacha Inchi Oil provides a rich, well-balanced ratio of omega-3, omega-6, and omega-9 polyunsaturated fatty acids.

- Well balanced omega ratio: 7 grams of omega-3, 5 grams of omega-6, and one gram of omega-9 per serving
- Certified organic
- High in antioxidants
- Extra-virgin & unrefined
- Cold-pressed in an NSF accredited GMP facility in Peru
- Sustainably sourced
- Non-GMO Project Verified
- Gluten-free



With a pleasant, mild, and nutty taste, Sacha Inchi can be enjoyed daily drizzed over salads, in sauces, soups, sandwiches, pasta, juices, and any other cold or hot dish. You can even use Sacha Inchi Oil to cook at low temperatures.

Sacha Inchi seeds



These recipes are the creation of Peruvian Chef, Brisa Deneumostier. As a graduate of the Culinary Institute of America at Hyde Park, NY, she has worked in restaurants and private fine cuisine projects around the planet, including the world renowned Noma in Denmark.

"I understand that food is medicine and medicine is food...this is why my intention is to nurture the mind, body, and soul, and to promote the harmonious relationship between human beings and other living creatures". - Brisa

Serves: 1 rectangular cake

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose white flour
- ½ cup Sacha Inchi powder
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. natural salt
- ½ cup + 1 tbsp. raw cacao powder
- ¾ cup banana, sliced
- 1 cup raw cane sugar
- 1 egg
- ½ cup Sacha Inchi Oil
- 1 cup almond milk or your vegan milk of preference
- 1 tsp. apple cider vinegar

Chocolate-Sacha Inchi Banana Cake

Method: In a bowl, combine all of the dry ingredients. In a small bowl, combine vegan milk and cider vinegar, and set aside. Blend the banana, raw cane sugar, egg, and Sacha Inchi Oil. Once blended, add the milk and vinegar mixture. Combine the wet ingredients with the dry ones in a blender or with a whisk. Pour into a cake pan lined with parchment paper and bake for 40-45 minutes at 350 °F.



Recipes with Sacha Inchi Oil

Ingredients:

- ½ cup basil, blanched and drained
- ¼ cup extra virgin olive oil
- ¼ cup Sacha Inchi Oil
- ¼ cup Sacha Inchi seeds
- 3 garlic cloves, roasted
- Whole grain pasta
- Coarse natural salt
- Black pepper

Sacha Inchi-Basil Pesto Sauce and Pasta

Method: Combine everything in a blender until the desired consistency. Mix with pasta.



Sacha Inchi Oil, Thyme, and Apple Cider Salad Dressing

Ingredients:

- ¼ cup apple cider vinegar
- ½ cup Sacha Inchi Oil
- 4 garlic cloves, roasted
- 2 tbsp. fresh thyme leaves
- Natural salt, to taste
- Pink pepper, to taste

Method: Blend everything and serve with salad.





Woman processing Sacha Inchi seeds.

Flora's Commitment to Sustainability

Harvesting of the Sacha Inchi seeds provides the farmers of Peru with an alternative to unsustainable uses of land in the Amazon, as it drives pressure away from primary forest & is an alternative to subsistence agriculture & illegal cocaine production. We work with Amazon Health Products who integrate a network of over 1,000 small farming families—helping to organize, certify organic, and introduce fair trade mechanisms. Through this work, we allow the Amazon rainforest to unfold itself as a great source of knowledge, wisdom, and resource from which we can all benefit.



Amazon Health Products acts as an agent of change in the Amazon, and works to improve productivity and technical expertise of the local farmers.



gluten-free • vegan



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