



Lima'Life

product catalogue



ORIGINAL RECIPES



LIMA a success story... A chance meeting

In the 1950s, two men happened to meet. One was Belgian, the other Japanese. Edgar Gevaert was an artist and painter and Georges Ohsawa a philosopher. In more than three hundred works, the latter codified the dietary principles taken from Japanese philosophy: macrobiotics (from the Greek "long" and "life", signifying the way to longevity). The Gevaert family "ate like everyone else", consuming only a small amount of cereals in the form of bread, pasta and white rice. The painter and his family decided to apply the advice of their philosopher friend, and soon became aware of the benefits. An idea was born: why not share this experience with more people? They then decided to start selling a selection of Japanese products.

A company dedicated to organic foods was about to be born...

Lima today

Today, Lima has become a modern company which no longer advertises itself as a macrobiotic company, but derives its modernity from the major principles of this philosophy.

Nutritional principles

Since the creation of this brand, Lima products have always met precise nutritional requirements:

- Whole foods*
- Foods of vegetable origin*
- Foods with no added sugar and always of genuine nutritional interest

*Purely from a taste point of view, some products in our range are an exception to this rule since nothing is forbidden in life!

Social principles

In Lima's philosophy, the respect for food has always gone hand in hand with a deep respect for man, who works and for whom we work.

- We pay great attention to the production and distribution companies we work with. They are companies that have always been trustworthy and honest.
- In far-off countries, we practise a fair-trade policy. The farmers and workers in India, Thailand, Pakistan, Vietnam, Guatemala, etc., deserve every consideration. We have always integrated this attitude into the Lima brand.
- A company cannot function without the commitment of the people who work there. At Lima, there is a conscientious yet highly convivial atmosphere.
- Lima consumers are conscious and demanding, and we will continue to offer them healthy, balanced food.

Lima is part of the international group Hain Celestial. This alliance offers all the benefits of a solid, wide-ranging knowledge base, giving Lima the chance to develop its creativity independently, and thus remain true to the main dietary principles it has upheld since the very first day.



Lima Expert

In addition to official controls, the company's internal laboratory, Lima Expert, supervises all the stages of production, from processing to distribution:

- controlling raw materials from producers
- working in close collaboration with its suppliers
- carrying out numerous controls on everything from raw materials to finished products

Quality requirements and zero tolerance

Total absence of pesticides: Lima applies a zero tolerance policy, which means that if traces of pesticide are found during the analysis of a raw material or finished product sample, the batch or product is declared contaminated, and is refused and returned after being subjected to a counter-analysis by an external laboratory.

Absence of genetically modified organisms: given the complexity of GMO controls, the laboratory works with an external partner. Random controls are carried out in addition to the guarantees made by our suppliers regarding sensitive products. For example, as soon as Lima finds and selects soy beans to produce its sauces, representative samples are sent to Lima Expert which performs tests. If the samples are approved, production can commence.

Other quality criteria: whether they are of a physicochemical, organoleptic, microbiological or bacteriological nature, the controls performed by our laboratory are as numerous as they are diverse.

To find out more about us, visit our website

www.limafood.com



Nutrition: health and its objectives



“Let food be thy medicine, thy medicine shall be thy food,” said Hippocrates 24 centuries ago. Today more than ever, what we eat is vitally important to our health. A higher amount of foods of vegetable origin in our modern diet is certainly the ideal way to help us meet major health challenges.



For food to be a genuine source of preventive medicine, it must be able to act on the main factors that gnaw away at our health resources, whether in terms of life expectancy or quality of life. Cardiovascular diseases and cancer are responsible for numerous deaths. The soaring increase of obesity is a major challenge in society today. The way we eat and move has a determining role on these factors. Luckily, there are common nutritional objectives that allow us to act upon these major challenges on a global level.

Fat versus fat

An excess of fats, in particular saturated fatty acids, is one of the greatest problems in our diet today. This can be explained on the one hand by the excessive consumption of animal fats (fatty meats, cold cuts, butter, cream, etc.), which also contain cholesterol. On the other hand, there are hydrogenated vegetable fats, used in a great many industrial products (fried foods, biscuits, cakes, etc.), which also contain trans fatty acids that are even more harmful than saturated fatty acids.

We therefore need to readjust the imbalance by globally reducing the amount of animal products. Nowadays, there are numerous alternatives to meat (based on soya, cereals, etc.) which help to reduce the animal/vegetable ratio in our diet. As regards vegetable fats, it is bet-

ter to use products that have undergone little processing, especially unrefined oils, and restrict the consumption of foodstuffs that contain hydrogenated oils (the presence of which must be printed on the label in the list of ingredients).

Colourful dishes

Increasing the amount of foods of vegetable origin not only has a positive repercussion on the quantity and quality of fats, it also helps us achieve other nutritional objectives more easily. Therefore, increasing the amount of vegetables (cooked and raw) and fruit helps minimise our calorie intake: it reduces the energetic density of food (quantity of calories per 100 g), while maintaining a high nutritional density (nutrient content per 100 g). Varying the colours as much as possible is not only aesthetically pleasing, it also allows us to benefit from a wide range of antioxidants.

Energy of choice

Cereal products, preferably unrefined, are an excellent source of energy, just like legumes (lentils, dried peas and beans, broad beans, etc.). These two food categories benefit from each other's presence in the same meal, offering the same level of essential amino acids as proteins of animal origin. Furthermore, they release their energy very gradually, thus moderating the secretion of insulin. This aspect is

currently of particular interest within the framework of preventing obesity and type 2 diabetes. In general, cereals are used all too seldom in our Western corn-based or wheat-based diet. And yet there are many others such as quinoa, millet, buckwheat, spelt, oats, etc., that allow us to vary our menu.

Cereals are also available in “ready-to-eat” versions for breakfast (flakes, puffed grains, etc.). Here too, cereals or cereal-based mixes, such as muesli, gain by containing whole cereals and a minimum of sugar, or none whatsoever.

Walnuts, hazelnuts, almonds, etc., as well as oilseeds, complete our intake of particularly significant components, whether they be fibre, protein, magnesium, essential fatty acids, vitamin E or other antioxidants.

Drink!

Good hydration is also an integral part of a balanced diet, and we all know to what extent sweet drinks have literally invaded our lives. Water is the only drink which is really essential from a physiological point of view. But there are plenty of other worthy low-calorie drinks that even contain precious components: this is the case for tea, especially green tea, which is particularly rich in certain antioxidants

from the flavonoid family. Replace excessive coffee drinking with an entirely caffeine-free cereal-based substitute that can be drunk at any age and at any hour... Finally, there are several non-dairy alternatives to cow's milk (based on soya, rice, almond, etc.) that are lactose and cholesterol free and low in saturated fatty acids.

Nicolas Guggenbühl
Nutritionist and Dietician

The food that Lima has always supported (organic and always of nutritional interest) perfectly meets today's nutritional and dietary requirements.



Non-dairy drinks

A wonderful range of 100% organic soya-based or cereal-based beverages. There are many reasons for consuming them: the pleasure of quenching your thirst, their nutritional content, their pleasant flavour, their lightness and digestibility or perhaps because of an allergy.

Drinks made from cereals are **100% organic, 100% non-dairy, with no lactose or cholesterol**. As a result, they are ideal for people who are allergic to cow's milk or who have a lactose intolerance. However, they are also increasingly a conscious choice for people seeking to live a healthier life. Low in fat and with no added sugar, non-dairy beverages are completely in line with today's nutritional requirements.

For young and old, Lima recommends its non-dairy drinks **within the scope of a healthy and varied diet**. However, they are not suitable for young babies who require mother's milk.

Cereal drinks can be **served** plain, hot or cold, for breakfast or in the afternoon, or as an energy drink during a walk or sports activity. They can also be used in multiple culinary preparations: soups, sauces, gratins, etc.

They are perfect for preparing numerous desserts and can be eaten with cereal at breakfast time.

Our range of non-dairy drinks with all their nutritional benefits is available in a variety of formats and different flavours:

Rice drink

Our Rice drink (Rice Dream) is often hailed as the favourite among the natural drinks in Europe thanks to its refreshing taste, its purity, its digestibility and its energy value resulting from a high carbohydrate content in the form of complex sugars.

Rice drink Original's naturally sweet and subtle vanilla flavour is enjoyed by all generations at any time of the day. Rice Drink is also available plain, without vanilla, offering greater versatility in the kitchen. **Rice drink Natural** now comes in a new packaging design: a recloseable bottle available in a six-pack with a carrying handle.



The taste and practicality of **Rice drink Choco Calcium** make it a natural choice for children and teenagers. The carbohydrates in rice give this drink its natural sweet flavour. It also contains soya, a major source of protein, and calcium, thanks to the addition of the calcified seaweed, Lithothamnium.

Thanks to its sweet, smooth taste, **Rice drink Hazelnut-Almond** is a refined and original delight. Its nutritional qualities allow you to drink it whenever you like: it contains slow sugars, dietary fibre, vitamins and minerals, and unsaturated fatty acids, particularly abundant in hazelnuts and almonds.

Fruit & Rice drink

This Fruit & Rice drink gives you all the delicious taste and sweetness of rice with all the vital potential of fruit. Combined with fruit, the complex sugars in this rice drink help keep you fit and healthy on a daily basis. What's more, thanks to the calcified seaweed, Lithothamnium, a 200 ml glass of Lima Fruit & Rice drink is ideal for a well-balanced breakfast full of energy. This drink can also be enjoyed at any time of the day.

Available in two delicious varieties:

Blood Orange-Blueberry and **Peach-Apricot**





A few easy-to-prepare dessert ideas for the summer

🍴 RECIPE

Rice drink Hazelnut-Almond Ice Cream

(serves 4)

750 ml of non-dairy cooking cream
 3 egg yolks (optional, gives a more creamy texture)
 150 g of rice syrup or hazelnut paste*
 1 l of hazelnut-almond drink*

Heat the cream. Beat the egg yolks with the rice syrup. Pour the warm cream into the egg/syrup mixture and add the hazelnut-almond rice drink. Mix well and leave to cool. Pour the mixture into a bowl and put it in the freezer. Stir the mixture every hour. Repeat this operation 4 times before serving.

* Available in the Lima range.

🍴 RECIPE

Lima Fruit & Rice drink Milkshake

(serves 4)

Nothing easier, just mix 1 litre of Blood Orange-Blueberry* or Peach-Apricot* Fruit & Rice Drink with four balls of vanilla ice cream (rice/soya). Blend and serve immediately in a pretty glass.

Soya drink

Lima Soya Natural is an ideal non-dairy beverage for people concerned with their health and dietary balance. This is the perfect drink for those suffering from a lactose intolerance or an allergy to cow's milk. Furthermore, it is highly digestible and particularly rich in protein. Soya (yellow bean), belonging to the family of legumes, is the most protein-rich grain in the plant kingdom. The protein in soya and the isoflavones are capable of regulating cholesterol levels. Like all Lima products, Soya Natural Drink is guaranteed GMO free.



Pocket versions

Several of Lima's non-dairy drinks are also available in small cartons with a straw: Rice drink Original, Choco and Hazelnut-Almond. They can be slipped into a schoolbag or a handbag for a discreet boost, are cholesterol free and contain no stimulants.



Oat drink

Lima Oat drink Natural is a particularly healthy non-dairy drink that takes us straight back to nature. Its entirely natural recipe preserves all the well-known virtues of whole oats. Oats have one of the highest nutritional values among all the cereals. Much more than just a drink, it is also a valuable culinary aid for a balanced diet.



Lithothamnium calcified seaweed

Thanks to the calcified seaweed, Lithothamnium, 200 ml of Rice drink Choco or 200 ml of Fruit & Rice drink covers 30% of the recommended daily calcium intake. Lima has chosen to enrich these drinks owing to their specific interest as a breakfast beverage. For growing children and adults alike, the role of calcium in the human metabolism only functions properly in the presence of a complex of nutrients, especially magnesium and phosphorous. A diversified and unrefined organic diet provides all the nutrients necessary for the correct absorption of calcium.

Cereals & Soya: drinks and desserts

All the riches of whole oats, rice and soya have been combined with the creamy and unsweetened **Cereals & Soy drink Natural**. This perfect alliance of cereals (oats and rice) and legumes (soya) make this drink an invaluable source of energy and easily digestible proteins. The combination of cereals and legumes results in an optimal assimilation of proteins since the essential amino acids in oats and soya complement each other.



Cereals & Soy desserts are smooth and light cream desserts, with an original composition. They contain all the wealth of proteins present in soya and provide energy thanks to the carbohydrates present in the maltodextrine in rice and oats. They also offer the advantage of containing no added sugar. Available in 2 varieties: vanilla and chocolate



Comparative table of dairy and non-dairy drinks per 100 G

	Semi-skimmed milk	Whole milk	Lima Soya drink	Lima Rice Original	Lima Rice Natural	Lima Rice Hazel./Almond	Lima Oat drink	Lima Cereal drink	Lima Rice Choco drink	Lima Fruit&Rice Orange	Lima Fruit&Rice Apricot
kJ/kcal	197/47	266/64	149/36	238/57	196/47	337/81	132/32	218/52	258/62	213/55	245/59
Protein	3,4 g	3,3 g	3,6 g	0,2 g	0,1 g	0,7g	0,6 g	1,7 g	1,8 g	0,3 g	0,2 g
Carbohydrates	4,8 g	4,7 g	0,6 g	12,0 g	9,4 g	10,7g	4,8 g	9,1 g	9,8 g	12,6 g	13,3 g
Lipids	1,5 g	3,5 g	2,1 g	0,9 g	1,0 g	3,9g	1,1 g	1,0 g	1,7 g	0,4 g	0,5 g
- saturated fatty acids	1,0 g	2,4 g	0,3 g	0,25 g	0,1 g	0,4g	0,1 g	0,5 g	0,6 g	-	-
- monounsaturated f.a.	0,5 g	1,0 g	0,5 g	0,18 g	-	2,0g	0,3 g	0,25 g	-	-	-
- polyunsaturated f.a.	0,0 g	0,1 g	1,3 g	0,47 g	-	1,5g	0,7 g	0,25 g	-	-	-
- cholesterol	5,0 mg	10,0 mg	0,0 mg	0,0 mg	0,0 mg	0,0 mg	0,0 mg	0,0 mg	0,0 mg	0,0 mg	0,0 mg
Minerals:											
Na	48,0 mg	48,0 mg	25,0 mg	32,5 mg	30,0 mg	50,0 mg	40,0 mg	20,0 mg	30,0 mg	10,0 mg	10,0 mg
Ca	123,0 mg	120,0 mg	12,0 mg	2,4 mg	-	8,0 mg	6,4 mg	1,6 mg	120,0 mg	120,0 mg	120,0 mg
K	153,0 mg	150,0 mg	60,0 mg	9,5 mg	-	32,0 mg	28,4 mg	40,0 mg	-	-	-
Fe	0,0 mg	0,0 mg	0,3 mg	0,05 mg	-	0,0 mg	0,5 mg	0,13 mg	-	-	-
Mg	11,0 mg	11,0 mg	15,0 mg	1,0 mg	-	5,6 mg	10,3 mg	11,6 mg	-	-	-
P	95,0 mg	93,0 mg	40,0 mg	-	-	0,0 mg	27,4 mg	26,0 mg	-	-	-

Breakfast

Si'doux cereal syrup, the sensible sugar

Si'doux made from organic cereals, contains a high percentage of slow sugars essential for a balanced diet because they slowly release energy into our body.

Through their slow absorption and their more complex metabolism, slow sugars provide a feeling of satiety and eliminate the sudden desire for a snack.



Made exclusively with 100% organic whole cereals, Si'doux is rich in minerals, vitamins and fibre.

Our bodies need minerals to metabolise any form of sugar. Having retained their wealth of minerals, the polysaccharides present in Si'doux do not use up the body's reserve of nutrients and therefore do not have a demineralising effect.

Si'doux Rice Syrup is a malted rice syrup with a delicate sweet flavour, ideal among other things for sweetening cereals at breakfast time.



Breakfast cereals, a good start to the day

Breakfast is made easy and can be varied every day with **Lima mueslis** and **flakes**. On the menu, traditional muesli, but also original mixtures (especially gluten free), Corn Flakes, Pops and of course the flakes range.

Original Lima Muesli: prepared according to a Swiss recipe that has not changed for years. Ingredients include flakes of grilled rice, wheat and barley, together with a mixture of rolled oats and precooked rice, buckwheat and grilled sesame seeds, raisins and chopped grilled hazelnuts.

Original Rizli: a combination of rice flakes, buckwheat and sesame, together with pieces of dried apple.

GLUTEN FREE

Fruit, Nut & Oat: a rich mixture of cereals and 41% fruit, nuts and grains. A real treat for the senses! And to keep you in shape, this muesli is a natural source of minerals (magnesium, iron) and contains vitamin B1.

Rice & millet pops: muesli with puffed rice and millet and 50% dates, soft and juicy sultanas, crunchy apple, sunflower seeds and hazelnuts. A bowl of this delicious gluten-free muesli contains vitamins, minerals and fibre. Ideal for all those who like to vary their menu or who wish to avoid gluten. GLUTEN FREE

Royal Muesli Kamut®: the particularly high protein and mineral content in Kamut® is a key factor, alongside its wealth of ingredients, in the success of this top-of-the-range muesli.

Corn Flakes: the organic version of this major breakfast classic with no added sugar (a rarity for corn flakes). A real taste of corn, and a manufacturing process that preserves all the value of the whole grain.

Limapops Kamut®: puffed whole Kamut® grains, enveloped in wheat syrup.

Limapops Mix: combination of wheat, rice, rye and Kamut®, sweetened with wheat syrup.

Choco Muesli Kamut®: a real treat with 15% organic dark chocolate chips.



Flakes

Made with precooked and rolled wholegrain cereals, Lima flakes retain all their nutritional value. They can be used in numerous hot or cold, sweet or savoury preparations: porridge, cooked with non-dairy milk, eaten with a little cereal syrup... They can also be used to make desserts and cakes, and to thicken sauces or soups.

Oat, barley, rice flakes and Céréveil, a mixture of 5 cereals: oats, barley, rice, wheat and rye. A real source of energy to start the day.



Pralima, is a grilled hazelnut paste with a subtle touch of vanilla, sweetened with wheat syrup to make delicious, nutritional sandwiches.



Yannoh® and Yorzo... savour the aroma of roasted cereals

A range of delicious 100% organic drinks that are stimulating, easily digested and beneficial for the nervous system. A good solution if you are keen to reduce your coffee intake.

Coffee-drinkers are aware of all the secondary effects of this beverage: accelerated heart rate, excess production of acid by the stomach, sleep disorders, headaches, etc. Caffeine has a real but fleeting stimulant effect. Yannoh® and Yorzo resemble coffee but these delicious beverages are made from roasted organic cereal grains. The benefit? An energy boost without the agitation, a pleasant mocha flavour without the insomnia, and the comfort of a hot, aromatic drink at any time of the day.

Instant versions

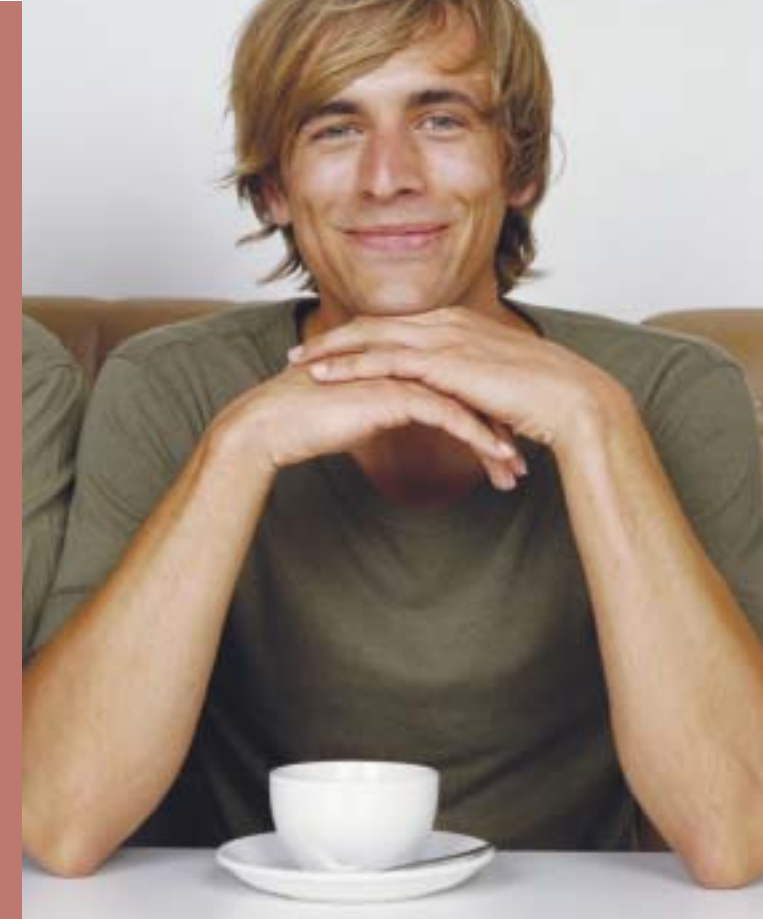
A practical solution for a delicious cup in an instant; just add a little simmering water.

Yannoh® Instant: a “coffee” without caffeine, made from barley, rye, malted barley, chicory and acorns, all roasted in hot air. A drink recommended for students and anyone with an intense intellectual activity.

Yannoh® Instant Vanille: a gentle touch thanks to the natural organic flavour of vanilla.

Yannoh® Instant Cocoa: the cereals, cocoa and sweetness of the wheat syrup make this beverage a real breakfast drink that can be enjoyed by all the family. Coffee-lovers and hot chocolate fans alike will find a drink they enjoy in Yannoh® Instant Cacao.

Yorzo Instant: made from malted barley, Yorzo is a drink with a naturally sweet flavour, that can be drunk by itself or with soya or rice milk.



Ground varieties

Ground in exactly the same way as coffee. **Yannoh® Original, Yorzo Original, Chicory:** can be drunk alone or combined with another drink.

Lima chicory is made without any additives. After harvesting, it is simply washed, cut and dried before being roasted.

Roasting cereals

Ground

The grilling procedure for roasting cereals and roots is different to the one used for coffee beans. The cereals are grilled at a lower temperature and for a longer period of time. This hot-air process, where the temperature at the heart of the product does not exceed 80°C, is gentler and reduces the formation of residual polymers produced during grilling. Coffee substitutes are therefore much more easily tolerated by the stomach. After the roasting process, the components are simply ground to obtain a coffee substitute.

Instant

As for “instant” coffee substitutes, a concentrated cereal-based coffee is obtained through a series of percolators with very hot water running through them. This extract is pulverised and dehydrated. (The pulverisation is carried out in a hot-air drying tower where any humidity immediately evaporates). The temperature of the drying

chamber is regulated in such a way that the temperature of the product does not exceed 80°C. The result obtained is a highly aromatic instant powder.



Rice cakes, only by Lima



Convinced of their nutritional value and inspired by the Japanese, Lima was the first company to import rice cake machines. The Lima factory in Maldegem, Belgium, currently produces approximately 150 million rice cakes a year.

Today, Lima offer a totally unique choice of 100% organic puffed rice cakes and mini rice cakes.



Classic range

Low in calories (30 kcal per cake) and highly nutritious (thanks to whole grains: rich in mineral salts and slow sugars), these rice cakes can be eaten as they are or with any topping just like a slice of bread. They are particularly useful as a snack in a low-calorie diet or if you are feeling slightly hungry.

Basic cake: rice cake composed only of wholegrain rice, sesame and sea salt.

The basic cake also exists in a salt-free version.

Varieties: buckwheat, millet, corn, spelt, quinoa, Kamut®, or a mixture of 5 cereals added to the initial rice-based composition.

The rice, buckwheat, millet, corn and chocolate-covered cakes do not contain any gluten.

Chocolate-covered cakes

Rice cakes covered with delicious Swiss dark or milk chocolate are ideal for a mid-morning or mid-afternoon snack! Also discover: RIZ'KIKI, irresistibly crunchy bite-sized chocolate-covered mini cakes.



Rice, cereals and derivatives, essential elements in the Lima range



Rice

Rice is the basic foodstuff of more than half of the world's population. And for a whole host of reasons: its exceptional dietary value, the fact that it is easy to grow, tasty, easy to use and can be put to a wide variety of uses.

Other than the classics (wholegrain and part wholegrain round rice, and wholegrain long rice), Lima offers Asian rice such as Thai and Basmati available in whole grain and part whole grain. Not forgetting red Thai rice.

Discover: an extremely tasty wild mixture of long wholegrain Indica rice and the long thin black grains of wild rice that grow on the banks of the Great Canadian Lakes.

New: fast boil-in-the-bag rice. Because not everyone has the time or the desire to cook rice for 40 minutes, Lima has launched two fast cook varieties: part wholegrain Thai rice ready in 10 minutes and long wholegrain rice ready in 12 minutes. An exclusive steaming process reduces cooking time while retaining the nutritional and organoleptic qualities of the rice.

To give your rice a special little something that will make it the envy of all, add a few spices during cooking, such as cumin, cardamom,

etc., or other seasonings and various vegetables cut into pieces.

Cereals

The nutritional value of cereals puts them right at the top of the list of food essentials for a balanced diet, together with seasonal fruit and vegetables.

They have an exceptional complex carbohydrate content, group B vitamins, fibre, mineral salts and essential amino acids that help compose valuable proteins.

It is advisable to diversify your consumption of cereals, not only to obtain a varied nutritional intake, but also for the pleasure of discovering exciting new foods.

Wheat is characterised by its high protein content and its mineral diversity (magnesium, zinc).

Buckwheat and **kasha** (grilled buckwheat) are particularly rich in magnesium, potassium, calcium and iron, but also in lysine, an essential amino acid. It is an excellent replacement for wheat in a gluten-free diet.

Spelt is closely related to wheat and is exceptionally rich in protein.

Oats have one of the highest levels of protein (13%) among all the cereals, as well as a high mineral content (zinc, iron, calcium and magnesium). Combined with a low-fat diet, oats help to lower cholesterol levels.

Quinoa is twice as rich in protein as rice and is a very good substitute for meat. It is also a good source of minerals (calcium, phosphorous, iron, etc.) and vitamins (E, some from the B group).

Millet is rich in iron, magnesium, manganese, vitamins A and B.

Barley contains proteins and is rich in starch and group B vitamins, as well as in mineral salts (phosphorous).

Cereals can be eaten in many ways just like rice: hot in a gratin, as an accompaniment, in soups, etc.; cold in salads, in savoury cakes, etc. or in numerous desserts. Cereals can be kept for many months, away from light and humidity, and can be eaten all year round.

Flour

A choice of flours for a varied cuisine: rice, buckwheat, wheat, spelt and Kamut®. Kokoh is a mixture of precooked flours.

Lima suggests buckwheat flakes as a thickener.

Oilseeds

Oilseeds are a major source of protein, essential fatty acids and minerals.

What's more, **sesame** and **grilled sesame** are a valuable source of lecithin. **Linseed** is renowned for its beneficial effect on the digestive system.

🍴 RECIPE

Lebanese appetizers with wild rice

(Approximately 15 spoonfuls)

60 g wild rice*
3 teaspoons olive oil*
1 teaspoon balsamic vinegar*
170 g hummus*
Grilled sesame seeds*
A small handful of radish sprouts*

Prepare the wild rice and allow to cool. Mix the olive oil with the balsamic vinegar to obtain a vinaigrette. Pour the vinaigrette over the cooled rice.

Place the hummus on the spoons, garnish with rice salad and decorate with the grilled sesame seeds and radish sprouts.

* Available in the Lima range.

Kamut®, the ancestor of durum wheat

Remarkable for its nutritional value

The complete nutritional analysis of Kamut® wheat reveals a higher energy content than in other types of wheat: Kamut® contains 20 to 40% additional proteins and higher levels of amino acids (up to 65%), lipids, vitamins and minerals. Kamut® wheat is also known for its exceptional selenium content. Kamut® is outstanding in many ways:

Its unchanged genetic inheritance

Its pleasant flavour

Its important hypoallergenic qualities

Its digestibility

For more information: www.limafood.com

The current range of Kamut®-based products

Kamut® rice cakes, Kamut® royal muesli, Kamut® choco muesli and Kamut® Limapops, Kamut® whole grain and Kamut® flour, Kamut® couscous and Kamut® bulgur.

100% Kamut® pasta:

Plain and flavoured (4 colours, del mare, limone orientale), Kamut® tabouleh deli salad

ORIGINAL
KAMUT®



Sprouting seeds

Sprouting seeds are deliciously crunchy, with varied and original flavours, and a concentrated source of vitamins and minerals that we can benefit from by eating them as soon as they are picked.

Alfalfa: particularly rich in calcium and phosphorous, but also in vitamins and proteins.

Cress: mild and decorative, it germinates rapidly and is suitable for salads.

Rocket: an original, slightly peppery flavour.

Spring mix: a very decorative cocktail of vitamins (alfalfa, lentils, cress).

Mixed salad: a spicy mix (alfalfa, radish, mustard)

4 radish mix: a spicy and appetising mix of red radish (contains sulphur, iron and iodine), black radish (marvellous winter radish), daikon radish (white Asian radish) and horseradish (a stimulant and very rich in vitamin C).

For guaranteed germination, use Lima's **Croq'Punch** seed tray.

For more information: www.limafood.com



🍴 RECIPE

Artichokes stuffed with Kamut couscous Provençal
(starter for 4 people)

4 artichokes
100 g Kamut couscous*
Olive oil*
1 aubergine
1 courgette
2 tomatoes
2 shallots
Pepper seasoning*
Fresh herbs of Provence: thyme, marjoram, rosemary

Steam the artichokes or cook in boiling water for 20 to 30 minutes. Open them starting with the outer leaves and removing the fuzzy centre. Keep warm. Prepare the couscous as indicated on the packet. Add a drizzle of olive oil. Dice the aubergine and courgette. Peel the tomato, remove the seeds and dice as well. Thinly slice the shallots and fry them in a little olive oil. Add the vegetables and season with the pepper seasoning and the chopped herbs of Provence. Cook for 10 minutes. Mix the couscous with the vegetables and fill the artichokes. Serve immediately.



* Available in the Lima range.

🍴 RECIPE

Spelt focaccia

200 g wheat flour (75%)*
200 g spelt flour*
20 g yeast
250 ml lukewarm water
1 pinch sea salt*
1 teaspoon rice syrup*
2 tablespoons olive oil*

Sift and mix the two types of flour. Add the salt, rice syrup and oil. Dilute the yeast in water. Make a well in the flour, add the diluted yeast and knead until you obtain a dough that is not sticky. Cover and leave to rise for 1 hour. Knead again and divide the dough in 4. Flatten the balls into 2 cm thick small flat breads. Place on an oiled baking tray and leave to rise another 30 minutes under a damp cloth. Make incisions and sprinkle the focaccias with coarse sea salt and olive oil. Bake for 20 minutes at 200°C.

Focaccia is delicious as an accompaniment for a green salad. You can also top it with a nice thick layer of spreadable tofu pistou or tzatziki tofu.

* Available in the Lima range.



Tortilla Chips... the ideal snack

Every now and again, we all feel like having a nice spicy, crunchy snack. Lima has a range of delicious tortilla chips made from precooked organic corn, guaranteed GMO free.



An entirely natural process: the corn is cooked, ground and kneaded to form a dough. This is rolled out and cut into triangles which are then grilled. The tortillas are fried in organic palm oil and sprinkled with a mixture of spices for the Chilli variety and with sesame seeds for the Sesame variety.

Three varieties: Tortilla Chips Original, Chilli and Sesame

Ready-to-eat soups with a taste of home

No time to prepare a lovely steaming, tasty soup? Lima's vegetable soups offer you a bowlful of fresh organic vegetables. Stock up on vitamins and dietary fibre and benefit from valuable vegetable proteins thanks to the unique composition of our soups.



Lentil and green vegetables

A soup with a taste of home made with green vegetables and lentils, and full of valuable proteins, vitamins and minerals.

A delicious, filling soup!

Garden vegetables with quinoa

A soup made with garden vegetables and quinoa. Benefit from the valuable plant proteins in miso (fermented soya paste) and quinoa, rich in proteins, vitamins, minerals and dietary fibre. A truly healthy soup!

Tomato and buckwheat flakes

A creamy tomato soup with buckwheat flakes. Make the most of the vitamins and dietary fibre in this soup and benefit from the antioxidant effect of the lycopene in the tomatoes and the beta carotene in the carrots!

Even in the middle of summer, treat yourself to a tasty soup with fresh tomatoes **Gazpacho style**. Use your imagination: put Lima tomato soup in the fridge for half an hour and decorate with diced cucumber, onion and a little crushed garlic. Delicious!

Also available in a **pocket** version for one person!

Broccoli and soya cream

The main ingredient in this creamy soup is broccoli, rich in fibre and vitamins and containing bioactive agents such as sulforaphane. This delicious soup also contains cauliflower which is rich in vitamin C and fibre.

The soya, herbs and spices (coriander, nutmeg and pepper) give this soup that little extra, just like a homemade soup!





Delicious and vegetarian

Lima's fresh products are

- Rich in vegetable proteins
- Made with wholegrain cereals
- Cholesterol free (except for 2 products containing cheese and the Terrines)
- Lactose free (except for 2 products containing cheese)
- Gluten free in some cases
- Always GMO free
- All organic

RECIPE

Tortillas with hummus (light lunch, serves 2)

4 red peppers, fruity olive oil*, 4 tortillas, 170 g hummus, 50 g freshly chopped parsley, pepper seasoning*

Wash and cut the peppers in 6 and remove the seeds. Coat in olive oil and put them under the grill for 15 minutes. Leave them to cool and peel.

Spread the hummus on the tortillas, top with the peppers and parsley, and season with the pepper seasoning. Roll up the tortillas and cut them in half. Serve with a green salad.

* Available in the Lima range.

Spreads

So delicious and easy to spread, you could even get rid of the slice of bread!

Spring Vegetable Spread: smooth tempeh cream with diced vegetables.

Tofu Pistou Spread: creamy tofu with fresh basil, almonds and pine nuts. **GLUTEN FREE**

Tzatziki Tofu Spread: exquisite tofu with fresh cucumber and mild spices. **GLUTEN FREE**

Hummus Extra Spread: tasty chick pea mousse with sesame. **GLUTEN FREE**

Red Hummus Spread: chick pea supreme with grilled sweet pepper. **GLUTEN FREE**

Curry Spread: creamy tofu with curry and Indian-style vegetables. **GLUTEN FREE**

Breton Spread: smooth tempeh cream flavoured with fresh seaweed. **GLUTEN FREE**

Chinese Spread: tender seitan with fresh bean sprouts and oriental spices.



Terrines

Tasty as a starter with a fresh salad or just bread.

Olive Terrine: tofu and black olive pâté.

Vegetable Terrine: tofu terrine with lots of chopped vegetables and fresh herbs.

Provençale Terrine: tempeh pâté with tomato and herbs of Provence.

Pistou Terrine: sunflower seeds and fresh basil give this tempeh and chopped vegetable pâté all its character.

Mushroom Terrine: pâté made from wheat and vegetables with mushrooms and shiitake mushrooms.



Salades

A tasty, easily transportable snack thanks to its practical individual packaging.

Deli-Salat Quinoa Curry: sweet and sour quinoa salad with crunchy vegetables and curry. **GLUTEN FREE**

Deli-Salat Mexico: tender salad composed of kidney beans, pinto beans, corn and barley, lightly flavoured with tex-mex spices.

Deli-Salat Kamut Tabouleh: delicious salad originating from North Africa composed of couscous, tomato, cucumber, a dash of lemon and fresh mint.

Deli-Salat Thai Rice: sophisticated salad with Thai rice, vegetables and oriental spices. **GLUTEN FREE**

Deli-Salat Bolivia: with quinoa and lentils, tomatoes and onions, seasoned with mustard and vinegar. **GLUTEN FREE**

5 min.



Grills

These delicious vegetarian burgers replace meat and are very easy to prepare. Simply fry them for a few minutes and serve with vegetables or a fresh salad: a "homemade" taste. They have not been fried and are therefore low in fat (except for the Cheese Vegi-Grills).

Vegi-Grills Seitan Classic: seitan burger made with wholegrain couscous and mild spices. Less than 5% fat.

Vegi-Grills Seitan Fromage: seitan burger made with wholegrain rice and 15% Comté cheese.

Vegi-Grills Seitan Mushrooms: seitan burger made with wholegrain couscous and steamed fresh mushrooms. Less than 5% fat.

Vegi-Grills Seitan Provence: seitan and soya burger with Mediterranean vegetables and herbs of Provence. Less than 5% fat.

Vegi-Grills Curry: soya and rice burger (contains high quality proteins) with vegetables (42%), spiced with tasty Madras curry. Less than 5% fat. **GLUTEN FREE**

Vegi-Grills Garden Vegetables: quinoa and chick pea burger (contains high quality proteins) with a multitude of colourful vegetables (52%), lightly spiced. Only 6.3% fat. **GLUTEN FREE**

FRESH

Seitan ready meals

These precooked meals made with seitan are a real delight. Just heat them up in the frying pan for 4 minutes, or plunge them in their packaging in simmering water for 10 minutes. They can be eaten alone or with rice, cereals, bread, etc.



4 min.

Seitan Stew Ready Meal: with carrots, peas and diced potato

Seitan Marrakesh Ready Meal: with chopped vegetables and a mixture of traditional North African spices

Seitan Thai Ready Meal: with mushrooms, coconut milk, curry, turmeric and a hint of garlic

Vegi-Lasagne Verdure al Seitan

A vegetarian lasagne with seitan and packed with vegetables. Presented in a tray made from recyclable material.

Serve with a fresh salad.

- rich in vegetables
- rich in lycopene thanks to the tomatoes
- only 5.3% fat



Seitan Provençal Carpaccio

Thin slices of seitan flavoured with Mediterranean herbs
High quality vegetable proteins.

Plain Tofu GLUTEN FREE

This delicacy of Asian cuisine is a sort of soft soya cheese with a rather neutral flavour. Steamed, fried, grilled or roasted, tofu can be used in salads, vegi-burgers, or stuffing. Tofu marinated for several hours in soy sauce or sprinkled with salt mixed with spices, also provides excellent results.



Plain and smoked tempeh GLUTEN FREE

An Indonesian speciality whose nutritional benefits and typical, fresh taste of fermented soya soon conquered the West.

Tempeh is highly versatile. You can use it raw in stir fries, soups and salads. It can be crushed and used as a basic ingredient for vegetarian pâtés. Or sliced and steamed or fried, and marinated beforehand in tamari or ume su. Tempeh prepared with coconut milk or soya cream has a very refined taste.

🕒 RECIPE

Onion and tempeh soup (main course soup for 4 people)

500 g onions, olive oil*, 1 clove garlic, 4 shiitake mushrooms*, 2 teaspoons hacho miso*, freshly ground pepper, 300 g tempeh*

Peel the onions and cut them in rounds. Heat the olive oil with the crushed garlic clove and fry the onions. Soak the shiitake mushrooms in lukewarm water for 10 minutes and slice thinly. Add the onions as well as the water and miso. Season with pepper. Cook gently for 10 minutes. Slice the tempeh and cut slices in two. Add the slices to the soup and serve immediately.

🕒 RECIPE

Seitan wonton (appetizer or starter for 4 people)

1 packet of rice paper, 4 carrots, 4 shallots, 4 red chillies, 2 bags of bean sprouts, 1 bunch coriander, 250 g plain seitan*, Ginger Thai soy sauce*

Plunge the sheets of rice paper in warm water for 30 seconds and drain on a cloth. Grate the carrots, chop the shallots, chillies and coriander.

Fry the shallots and chillies in olive oil. Add the carrots, bean sprouts and coriander. Allow to sauté for a few moments. Season.

Cut the seitan into cubes and mix with the vegetables. Cut the sheets of rice paper in two and fill them with a heaped spoonful of stuffing. Fold them into triangles. Preferably steam the wontons. Serve with Ginger Thai soy sauce.

🕒 RECIPE

Rocket with tofu, garlic and balsamic syrup
(salad for 4 people)

1 bunch basil, 1 bunch parsley, 1 bunch chives; olive oil*, 300 g tofu*, 16 cloves garlic, 100 ml balsamic vinegar*, lemon juice, rocket, pepper seasoning*

Rinse and chop the basil, parsley and chives. Slice the tofu and marinate it in the olive oil and herb mixture. Peel the garlic cloves, wrap them in foil and put them in the oven at 200°C for 5 minutes. Reduce the balsamic vinegar until you obtain a syrup and deglaze with a drizzle of lemon juice. Grill the tofu. Wash the rocket and distribute it on the plates. Arrange the slices of grilled tofu and garnish with the cloves of garlic and balsamic syrup. Sprinkle with pepper seasoning.

* Available in the Lima range.

Seitan

This product made from wheat (gluten) proteins comes from the Far East. Its texture similar to meat makes it a highly prized food-stuff.

It is a perfect replacement for meat in your stir fries or in minced meat dishes. You can also braise or fry it, slice it, dice it, etc.

Seitan Gourmet: the quality of the ingredients used, the very traditional production process that respects the environment, and slow cooking in a broth seasoned with soy sauce, ginger and seaweed. Here are just a few of the elements that explain the incomparable flavour of the Seitan Gourmet range:

Seitan Gourmet Wheat Original:
made from wheat flour.

Seitan Gourmet Wheat Grill:
obtained from wheat flour and then lightly grilled.

Seitan Gourmet Spelt Original:
made from spelt flour.



Spice up your cooking with seasonings overflowing with riches



Sea salt

Lima sea salt comes from the region of Olhão on the Portuguese coast, situated in a nature reserve. It is collected by hand and care is taken to leave a fine layer of salt at the bottom of the salt marsh, which forms a natural protection between the salt to be collected and the ground. This is how unrefined white salt is obtained, with no whiteners, or anti-caking or anti-humidity additives. Thanks to the lack of refining, the micro-nutriments from the sea are optimally preserved (magnesium, potassium, iodine, etc.).

Sesame

Sesame, a precious source of phosphorous, lecithin, rich in fatty acids, essential amino acids and minerals, especially calcium, is said to stimulate intellectual activity and the memory.

Gomasio Sesame Salt

A mixture of sesame seeds and unrefined sea salt, lightly grilled separately, then ground together. Each little grain of salt is thus coated in the oil from the sesame seeds.

A delicately flavoured seasoning that adds a discreet touch of sesame to both your hot dishes and salads while reducing your salt intake.

Our bodies need magnesium to help our bones assimilate calcium. Associating sesame (rich in calcium) and salt (rich in magnesium), makes Gomasio an invaluable condiment.

Tahini

A sesame paste composed of grilled and finely ground whole sesame seeds. It is an ideal base for making warm sauces, vinaigrettes, vegetable pâtés, and for use in desserts or mixed with cereal syrups to make delicious spreads.

Shakers

Essential in the kitchen and on the table

Original Gomasio: combination of sesame and sea salt

Hot Gomasio: hot Gomasio, particularly suitable to flavour tomato sauces or raw vegetables and to add a spicy touch to your dishes.

Fine Atlantic sea salt: unrefined and rich in magnesium.

Atlantic sea salt - celeriac with herbs: an abundance of flavours obtained with 10% celeriac and 2% aromatic herbs.

Pepper Seasoning: an audacious mix of sea salt, black, white and pink pepper, coriander and seaweed for marinades, broths, sauces and vegetables.

Use as it is or crushed in a mortar.

Fisherman's Mix: a sprinkle of seaweed (fine flakes) is the best way to familiarise yourself with this mixture of an exceptional nutritional value.

Olive oils

It is recommended to use organic and unrefined vegetable oils obtained by first cold pressing. Cholesterol free, they are essential for our body's good working order and provide a variety of flavours in the kitchen.

Mild Olive Oil and Fruity Olive Oil

Considered as one of the most easily digestible fats, olive oil is also renowned for its high nutritional value. Fruity oil is obtained from green olives harvested at the beginning of the season, while mild oil is made from ripe black olives.



Balsamic vinegar

Lima's Aceto Balsamico di Modena comes from the vines of Modena in Italy, land of the only genuine balsamic vinegar. It is matured for 5 years in oak casks with no colorants or sweeteners. Its rich flavour is a clever combination of sweet and sour.



Biomaris

Biomaris is sea water that has been harnessed from the great depths of the north of the Atlantic Ocean, near the glacial seas. This pure water is filtered without heating and is exceptionally rich in minerals and trace elements. It is used within the context of remineralising cures.



A Japanese inspired art of living and eating

Lima's Japanese suppliers are traditional producers who use ancestral methods. The Lima range is the perfect answer to Europe's current interest in the oriental style of living and eating.

Teas

Highly popular green tea is fragrant, refined, easily digestible, antioxidant, etc. But to make the most of its beneficial effects, it is essential to have a top quality natural tea that has truly preserved all the virtues of the original plant.

Lima's Japanese teas come from bushes that grow in the mountains. The leaves or twigs are simply picked, dried naturally and grilled. Their low theine content is due to the fact they are picked at the end of the season.

Kikicha: genuine "3-year-old tea" made from grilled leaves and twigs. A sweet, fragrant flavour and a very low theine content.

Bancha: green tea greatly enjoyed for its aroma. A stimulating drink in winter and summer, can be drunk hot or cold.

Sencha: high quality green tea, originating from the region of Kagoshima, known to be the cradle of top-of-the-range organic teas.

Mu: a pleasantly fragrant herbal tea composed of 15 wild mountain plants and roots, containing neither caffeine or theine. It has a particular taste and delicate aroma, containing ginseng, the famous miracle root of traditional oriental medicine. It can be drunk hot or iced, together with a slice of lemon.



Japanese noodles

The secret of Japanese noodles: a flour ground several times, and slow drying in the open air. The result: very delicate whole-grain traditional noodles with a particularly smooth texture (very different from traditional European pasta), which cook in record time (3 to 6 minutes)!

40% Soba: a mixture of whole wheat and 40% buckwheat flour.

100% Soba: 100% buckwheat noodles, the ideal solution for people who want to avoid gluten. **GLUTEN FREE**

Udon: traditional noodles made with whole wheat.

Somen: very fine noodles with a very soft texture, also made from whole wheat.



🍴 RECIPE

Soba noodles with courgette and aubergine rolls, and a pepper coulis (serves 4)

2 courgettes, 2 aubergines, olive oil, 4 red peppers, 2 shallots, 2 cloves of garlic, 500 g 100% soba**

Coulis: Lima fruity olive oil, 4 red peppers, 2 shallots, 2 cloves of garlic

Wash the courgettes and aubergines, remove the ends and cut each one into 8 thin strips. Coat well with olive oil and grill for 10 minutes. Make little rolls with 1 strip of courgette and 1 strip of aubergine. Cook the noodles for 6 minutes in a large quantity of water salted with cooking salt. Make a little nest with the noodles and place 2 courgette-aubergine rolls per person beside it.

This little dish is delicious topped with a pepper coulis.

Coulis: coat the peppers with olive oil, place under the grill for 10 minutes on each side, peel, remove the seeds and cut into strips. Chop the shallots and garlic. Fry them in olive oil and add the peppers, cook for 10 minutes. Process everything to obtain a coulis. Season with salt and pepper and add olive oil until you obtain a creamy consistency.

** Available in the Lima range.*

Misos

Miso is a fermented soya paste, well known in the Far East for over 1300 years for its culinary interest and its beneficial effect on health. It is used in all sorts of dishes to add flavour: soups, sauces, vegetable dishes, fish dishes, etc. For easy use in warm dishes, simply use like a stock cube or mix a small quantity in a drop of water to incorporate into sauces, vinaigrettes, etc., just like mustard!

Lima's 100% organic varieties of Miso differ in taste, colour and aroma. Miso is particularly rich in proteins, minerals and B vitamins, and is cholesterol free. Furthermore, the enzymes produced during the long fermentation period (18 months) in cedar casks, stimulate digestion while encouraging the elimination of toxins.

Barley Miso has a rich, rounded flavour and is the ideal condiment for everyday cooking.

Hatcho Miso or the Emperor's Miso, made from pure soya, is a real nutritional concentrate, a unique source of essential amino acids, minerals and vitamins, low in calories and fat, and very rich in fibre. It is not easy to summarise all the health benefits associated with this non-pasteurised miso in just a few lines: it reduces cholesterol, stimulates digestion, improves the assimilation of nutrients but also protects against the harmful effects of pollution.

Brown Rice Miso is made from soya and wholegrain rice. Rice Miso is characterised by its deep, rich, salty taste.

The Instant Miso Soup, with their incomparable rich aroma, are prepared according to traditional recipes including Miso and wakame seaweed, enriched with gluten croutons, Shiitake mushrooms or flavoured with ginger.

Soy sauces

Eaten all over the world today, the origin of soy sauce dates back to the 7th century. Lima's 100% organic soy sauces combine traditional know-how with contemporary expertise in brewing techniques.

Shoyu (soya and wheat) and **Tamari** (pure soya, completely wheat free) undergo a long preparation with many stages, all entirely natural: macerating and cooking the organic beans, spontaneous fermentation, addition of water and sea salt, long maturation period, filtration, etc. No possible comparison with industrial soy sauces.

In the kitchen, Shoyu and Tamari are flavour enhancers, a healthy, liquid version of the stock cube for use in soups, vinaigrettes, with vegetables, cereals, in marinades, accompanying sauces, for cooking pasta, etc.



Vinegars

Obtained through natural fermentation in terracotta jugs, Genmai Su (rice vinegar) and Ume Su (umeboshi plum vinegar) are less acidic than traditional vinegar, do not irritate the digestive system and are delicately scented.

Genmai Su (4.3°) is a beautiful honey-coloured rice vinegar. It has a particularly sweet taste, a quality it owes to the type of rice used and the manufacturing process that takes more than a year.

Ume Su (2.4°) is the red juice from umeboshi plums put in brine for at least a year. Its acidic taste means it can be used just like vinegar. With a nuance: it is rather salty so you do not need to add salt to the preparation.



Condiment soy sauces, ideal for the wok

Deliciously exotic, practical in the kitchen or on the table, these three cooking sauces are very tasty with cooked vegetables, proteins, dishes with rice or cereals, dipping sauces, vinaigrettes, vegetable juices, etc.

Worcester Soy Sauce

A purely vegetarian and organic version of the classic English Worcestershire sauce. With tamarind, balsamic vinegar, fresh garlic, ginger and clove.

Sweet Soy Sauce

A Japanese classic: a creamy soy sauce deliciously sweetened with a mixture of cereals syrups and generously seasoned with precious mirin (very fine and unique wine made from fermented sweet rice, and used in Japanese cooking).

Ginger Thai Soy Sauce

A Thai delicacy with the fragrance of oriental flowers; delicately flavoured with ginger, fresh garlic and mirin.



RECIPE Mustard miso sauce

2 lots of barley miso*,
1 lot of mild mustard, water

Mix everything together. Excellent on an aperitif spoon or on melba toasts with a small cube of grilled tofu and garnished with a pinch of alfalfa.

* Available in the Lima range.



RECIPE

Seitan surprise with pistou and vegetables with tamari
(serves 4)

8 bunches of young carrots, 8 baby courgettes, 12 cherry tomatoes, 500 g seitan gourmet, 12 teaspoons pistou, 3 sheets brick pastry, rice, pasta or new potatoes to serve, tamari*

Clean and steam the vegetables whole. Cut the seitan into 16 slices. Spread pistou on each slice and cover with a second slice. Coat the sheets of brick pastry with olive oil and wrap up the seitan. Bake in the oven for 10 minutes at 180°C.

Serve the seitan with the vegetables and either rice or pasta, or new potatoes tossed in a little olive oil. Serve with tamari.

* Available in the Lima range.



Specialities

Oryza, is a malted rice syrup prepared using koji according to a very ancient Japanese recipe. It is obtained thanks to the enzymatic action of malted barley and therefore protects sugar-lovers against the ill effects of fast sugars. Delicious with cakes, yoghurt, hot drinks, pancakes, etc.

Kuzu, made from the root of the kuzu plant, is an ideal starch for thickening soups, sauces and desserts. It is renowned in traditional oriental medicine for its beneficial effects on the digestive system.

Shiitake is a revered dried mushroom, considered in Japan to be the elixir of life since time immemorial. It is very easy to use; just soak for 2 hours and add to omelettes, pasta, cereals, soups, etc.

The **ume plum**, which is actually an apricot, is considered to have numerous virtues in Chinese medicine. It is used in the form of umeboshi plums or umeboshi paste. In both cases, it is a fragrant condiment which enhances the flavour of dishes: sauces, pickles, vinaigrettes, mayonnaises, cooked vegetables, rice, etc.

Seaweed: both a gastronomic delight and a dietary supplement, seaweed is a major source of mineral salts, vitamins and trace elements as well as a source of inspiration in cooking thanks to its various forms and flavours. Wakame, dulse, arame, nori or sea lettuce can all be used as vegetables or condiments in soups and cereal dishes. Nori is in particular used to wrap the famous sushi. Agar-agar is a mixture of seaweed used as a natural gelling agent. It is rich in calcium but not in calories, can be easily diluted and has a completely neutral taste. It replaces animal gelatines.



In our Japanese range, we have selected several products (Umeboshi Paste, Shiitake, Ume Su vinegar and Mu tea) for the quality of their traditional ancestral production. These products have no organic certification, but are guaranteed pesticide free by our Lima Expert laboratory.



RECIPE

Chinese stir fry

(serves 4)

1/2 Chinese cabbage, 4 carrots, 300 g plain tofu, dark sweet soy sauce*, olive oil*, 150 g bean sprouts
Vinaigrette: 2 tablespoons lemon juice, 2 tablespoons dark sweet soy sauce*, 2 tablespoons olive oil*
Wash the Chinese cabbage and the carrots and cut them into thin strips.*

Make a vinaigrette with 2 tablespoons of lemon juice, 2 tablespoons of dark sweet soy sauce and 2 tablespoons of olive oil. Cut the tofu into small rectangles and marinate it in 2 tablespoons of dark sweet soy sauce for 30 minutes. Then fry it in olive oil in the wok. Remove the tofu from the wok and keep warm. Put the Chinese cabbage and carrots in the wok and cook for 1 minute. Add the bean sprouts and cook for another minute. Pour the vinaigrette over the vegetable mixture and divide over 4 plates. Top with the tofu.

** Available in the Lima range.*

RECIPE

Fresh salad with seaweed

(serves 4)

4 tablespoons wakame, 1 cucumber, 1 pink grapefruit, 1 tablespoon shoyu*, 1 tablespoon grilled sesame seeds*

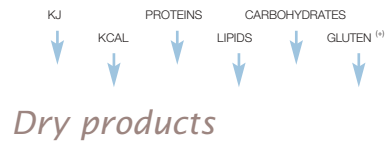
Soak the wakame. Peel the cucumber, cut it lengthways and remove the seeds. Cut into small slices. Wash the grapefruit, grate a little of the zest, remove the skin and pith and cut into cubes. Mix the wakame, cucumber, grapefruit, zest and shoyu. Top with the sesame seeds.

** Available in the Lima range.*



Product analysis

g/100g



Dry products

CEREAL DRINKS

	KJ	KCAL	PROTEINS	LIPIDS	CARBOHYDRATES	GLUTEN (*)
Rice drink Original	238	57	0.2	0.9	12	-
Rice drink Natural	196	47	0.1	1.0	9.4	-
Rice drink Choco	279	67	0.68	1.06	13.6	-
Rice drink Hazel. Al.	337	81	0.7	3.9	10.7	+
F&R Orange-Blueberry	213	55	0.3	0.4	12.6	-
F&R Peche-Apricot	245	59	0.2	0.5	13.3	-
Soya drink	149	36	3.6	2.1	0.6	-
Oat drink	132	32	0.6	1.1	4.8	+
Cereal drink Natural	218	52	1.7	1	9.1	+

CEREAL & SOY CREAM DESSERTS

Chocolate	445	107	3.0	1.7	19.8	+
Vanilla	442	106	3.0	1.7	19.6	+

CEREAL SYRUPS

Si'Doux rice syrup	1307	313	2.7	0.2	75	+
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BREAKFAST

Original Lima Muesli	1643	393	10.1	8.3	69.5	+
Original Rizli	1524	365	7.7	2.3	78.3	-
Fruit, Nut & Oat	1491	357	8.9	6.7	65.2	+
Rice & Millet Pops	1700	407	9.5	13.2	62.5	-
Royal Muesli Kamut®	1583	379	10.3	3.5	76.4	+
Corn Flakes	1483	355	8.3	1.2	77.7	-
Limapops Kamut®	1592	381	13.3	1.3	79	+
Limapops Mix	1688	404	9	4.6	81.5	+
Choco Muesli Kamut®	1790	428	12.3	10.3	71.6	+

BISCOTTES

100% Toast	1611	386	12	5.5	72	+
85% Toast	1621	388	10.4	4.7	76	+

FLAKES

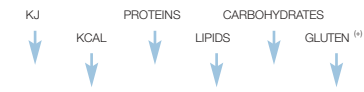
Rice flakes	1510	361	7	2.8	77	-
Barley flakes	1530	366	9.1	2	77.9	+
Oat flakes	1627	389	13	7.2	68.1	+
Céréveil	1499	359	9.1	2.7	74.5	+

SWEET SPREADS

Pralima	1692	405	8.6	23.3	40.2	+
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COFFEE SUBSTITUTES

Yannoh®	1615	386	11.8	2.4	79.4	+
Yannoh® Instant	1595	382	3.8	0.3	90.9	+
Yannoh® Instant Vanilla	1595	382	3.8	0.3	90.9	+
Yannoh® Instant Cocoa	1585	379	4.4	1.5	87.0	+



PLAIN RICE CAKES

Salted rice cakes	1607	384	7.8	3.2	81.1	-
Salt free rice cakes	1607	384	7.8	3.2	81.1	-
Buckwheat rice cakes	1651	395	8.8	3.4	82.3	-
Millet rice cakes	1651	395	8	3.3	83.3	-
Corn rice cakes	1659	397	7.9	3.8	82.8	-
Quinoa rice cakes	1667	399	7.9	3.7	83.5	-
Spelt rice cakes	1665	398	9.9	3.5	81.8	+
Multigrain rice cakes	1652	395	9.8	3.1	82	+
Kamut® rice cakes	1611	386	10.5	2.7	79.8	+

CHOCOLATE RICE CAKES

Dark chocolate	2074	496	7	23	65.3	-
Milk chocolate	2104	503	8.3	24.2	63.1	-
Dark choc. Riz-Kiki	2074	496	7	23	65.3	-
Milk choc. Riz-Kiki	2104	503	8.3	24.2	63.1	-

RICE

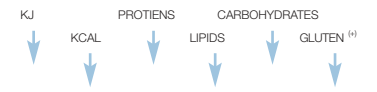
Round rice	1468	351	7	2.7	74.7	-
Part wholegrain round rice	1443	345	7.4	1.1	76.4	-
Long grain rice	1466	351	7.7	2.2	75	-
Precooked long grain rice	1451	347	8.4	3.5	70.5	-
Basmati rice	1507	361	9.2	3.8	72.4	-
Part wholegrain basmati rice	1507	361	9.2	2.2	76.4	-
Wild mix	1499	359	8.1	3.1	74.6	-
Thai rice	1507	361	8.8	3.8	72.8	-
Part wholegrain Thai rice	1448	346	9.6	1.1	74.5	-
Precooked part wholegrain Thai rice	1434	343	8.9	2.2	71.9	-

OTHER CEREALS

Wheat	1450	347	12.4	2	69.8	+
Spelt	1460	349	12.2	2.6	69.3	+
Barley	1486	355	11	1.4	74.7	+
Oats	1556	372	13.5	7.1	63.6	+
Kamut®	1510	361	16.5	2.2	68.9	+
Millet	1491	357	11.2	3.8	69.4	-
Buckwheat	1452	347	10.4	1.7	72.6	-
Kasha	1594	381	12.5	2.5	77.2	-
Quinoa	1581	378	13.2	3.8	72.8	-

WHEAT PASTA

Spaghetti	1514	362	12.9	2.1	72.9	+
Spirelli	1509	361	11.8	1.7	74.6	+
Tagliatelle	1534	367	11.8	1.8	75.9	+



FLOUR AND COUSCOUS

Rice flour	1454	348	7.4	0.6	78.2	-
Corn-polenta flour	1511	362	7	5.1	71.9	-
T150 Wheat flour	1471	352	13.4	2.4	69.2	+
T65 Wheat flour	1535	367	13.5	1.3	75.4	+
Spelt flour	1491	357	13.3	2.8	69.6	+
Kamut® flour	1492	357	16.5	2.2	67.7	+
Kokoh	1667	399	13.4	6.9	70.8	+
Couscous	1533	367	12.1	2.8	73.3	+
Kamut® Couscous	1497	358	17.4	1.8	68.1	+
Kamut® Bulgur	1511	361	16.5	2.2	68.9	+

OILSEEDS

Sesame	2386	571	20	50	10.2	-
Grilled sesame	2730	653	21.5	55.8	16.2	-
Linseed	2220	531	22.9	34.4	32.4	-

CEREAL PASTA

Kamut® Spaghetti	1496	358	13.6	2.4	70.5	+
Kamut® Penne	1514	362	13.6	2.3	71.8	+
Kamut® Tagliatelle	1508	361	13.5	2.4	71.3	+
Kamut® Spirelli	1496	358	13.6	2.4	70.5	+
Kamut® Integr. 4 Colori	1496	358	13.6	2.4	70.5	+
Kamut® Integr. Del Mare	1496	358	13.6	2.4	70.5	+
Kamut® I. Limone Orientale	1496	358	13.6	2.4	70.5	+

SNACKS

Plain Tortilla Chips	2048	490	8	22	65	-
Chilli Tortilla Chips	2048	490	8	22	65	-
Sesame Tortilla Chips	2123	508	8.0	24.0	65.0	-

SOUPS

Lentil and green vegetables	134	32	1.6	1.2	3.7	+
Garden vegetables with quinoa	139	33	0.8	1.2	4.8	+
Tomato, buckwheat flakes	149	36	0.7	1.0	5.9	+
Cream of broccoli	62	15	1.0	0.5	1.6	-



SALT & SESAME SALT

Gomasio Original	2233	534	18.8	46.8	9.5	-
Hot Gomasio	2220	531	20.0	43.0	16.0	-
Pepper Seasoning	281	67	0.6	0.8	14.5	-
Fisherman's Mix	1203	288	17.7	1	52	-

TAHINI

Tahini	2799	670	25.9	56.5	14.4	-
Salted tahini	2755	659	24.8	56	14	-

OILS

Mild olive oil	3766	900	0	100	0	-
Fruity olive oil	3766	900	0	100	0	-

JAPANESE NOODLES

Udon	1481	354	15.5	1.9	68.8	+
Somen	1493	357	15.8	1.9	69.2	+
Soba 40%	1483	355	13.9	1.5	71.4	+
Soba 100 %	1493	357	11	2.7	72.2	-

MISO

Hatcho Miso	979	234	19.0	11.1	14.6	+
Barley Miso	739	177	8.7	4.7	24.9	+
Brown Rice Miso	797	191	7.6	3.8	31.5	-
Miso Instant soup	1341	321	19.9	10.4	36.9	+
Miso Mushroom soup	1127	270	13.6	3.2	46.6	+
Miso Ginger soup	449	108	7.5	3.1	12.4	+

SOY SAUCE

Shoyu Classic	261	63	9.6	0.1	5.8	+
Tamari Classic	292	70	10.3	0.2	6.7	-

JAPANESE SPECIALITIES

Shiitake	1470	352	17.8	0.8	68.3	-
Umeboshi Paste	183	44	1.3	0.6	8.3	-
Umeboshi	184	44	0.7	0.3	9.6	-

SEAWEED

Wakame	1075	257	12.4	2.7	45.8	-
Nori leaves	1441	345	35.6	0.7	49	-
Arame	1216	291	8	0.1	64.5	-
Dulse	1021	244	14.7	0.7	44.8	-



Fresh products

SPREADS

Spring vegetable	997	239	5.3	18.9	11.8	+
Breton	1142	273	6.1	21.3	14.3	-
Hummus	1185	283	6.4	23.8	10.9	-
Tofu Pistou	1053	252	8.1	21.2	7.2	-
Tzatziki	829	198	7.5	17.9	1.8	-
Curry	745	178	4.4	16.6	2.8	-
Chinese	974	233	7.4	17.6	11	-
Red Hummus	992	237	6.2	19.3	9.7	-

TERRINES

Provençale Terrine	1188	284	11.95	22.5	8.5	+
Pistou Terrine	1087	260	11.9	19.6	9	+
Mushroom Terrine	938	225	10.5	16.5	8.5	+
Diced Vegetable Terrine	1026	245	4.8	19.8	12.0	+
Black Olive Terrine	1225	293	0.1	0.3	72.5	+

DELI SALADS

Kamut® Tabouleh	838	200	4.4	2.1	41	+
Mexico	564	135	4.5	4.7	18.66	+
Quinoa® Curry	591	141	2.6	8.6	13.4	-
Bolivia	595	142	4.7	5.4	18.74	-
Thai Rice	695	166	4.5	5.8	24	-

GRILLS

Seitan Classic	654	156	15.4	3.6	15.6	+
Seitan Cheese	964	231	17.5	9.5	18.8	+
Seitan Mushroom	717	172	12.3	4.4	20.7	+
Seitan Provençal	592	142	14.9	3.7	12.2	+
Curry	529	127	4.6	4.9	16	-
Garden vegetables	627	150	4.5	6.3	18.8	-

READY MEALS

Seitan Stew	461	110	8.7	5.2	7.2	+
Seitan Marrakesh	240	57	7.3	2.2	2.1	+
Seitan Thai	388	93	12.5	3.2	3.5	+
Lasagne Verdure Al Seitan	507	121	5.3	5.3	13.1	+
Carpaccio Seitan Provençal	761	182	22.4	8.5	4.0	+

SEITAN-TOFU-TEMPEH

Plain Seitan	633	151	21.1	3.9	8	+
Seitan Groumet Or.	449	107	17.5	1.5	6	+
Seitan Gourmet Grill	596	142	19.1	4.6	6.2	+
Plain Tofu	580	139	15.7	6.8	3.7	-
Plain Tempeh	609	146	13.5	7.7	5.6	-
Smoked Tempeh	609	146	13.5	7.7	5.6	-

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Since 1957, Lima has been selling quality products in line with basic rules of nutrition:

- Organic food
- Food that is always of genuine nutritional interest (whole, of vegetable origin, with no added fast sugar, etc.)

www.limafood.com



LIMA NV/SA,
Industrielaan 9, B-9990 Maldegem
Tél. 00 32 (0)50 71 05 64 (Belgium)
Tél. 00 33 (0)5 53 65 92 32 (France)
Fax 00 32 (0)50 71 05 67
e-mail: organic@limafood.com