

KUTANO

Moringa + Recipes



Put some good back into your body.



Through sustainable farming efforts, Kutano has unlocked the power of moringa, one of nature's best-kept secrets. Our goal is to provide you the best moringa in the world, while also providing farmers in Zimbabwe with a livelihood they can be proud of. Used for centuries in parts of Sub-Saharan Africa and southeast Asia, people have been using moringa for its natural medicinal qualities. And we believe it's time we brought health and growth to the U.S.

Health and growth – that's where Kutano was formed. Using the native Zimbabwean words Utano (health) and Kura (growth), we created a name that is symbolic of the benefits and hope that moringa provides. Through a partnership with Crown Financial Ministries and Foundations for Farming, this moringa is hand-grown by farmers, many of whom are women, in Zimbabwe and Malawi. They undergo a world-class training program to teach them sustainable agriculture practices, financial stewardship principles and generous giving. Through this training, farmers learn how to grow their own crops, sell surplus at a profit, buy next year's seed and give generously to others.





Since their founding, they have graduated 19 classes of farmers and have trained over 570 farmers who continue to share their knowledge with others. It's estimated that one farmer will tell up to 10 other people about their world-class training program. Why is this important? Because equipping one farmer to steward their food and resources wisely not only feeds their family, but it feeds their communities. It fuels female entrepreneurs to take ownership over their lives. It protects and preserves the environment. It fights global malnutrition and poverty. And it strengthens their faith and gives people hope.

Moringa is a rare treasure, providing hope and health. In just one serving of moringa, it has 7x the vitamin C of oranges, 2x the protein of yogurt, 3x the potassium of bananas, 3x the iron of spinach, 4x the calcium of milk and 4x the vitamin A of carrots. It's no wonder they call it a superfood. It also protects skin, strengthens bones, balances hormones, improves vision, relieves stress, balances blood sugar, boosts immunity, aids digestion and builds muscle.

Every product in the Kutano line is designed and developed to help you put some good back into your body.

We believe in health. Join us.



Moringa + is simply moringa leaves ground into a fine, scoopable powder. This green powder can be used in many ways, and it's never been easier to add extra nutrients to your meals, snacks or add-ins.

Need an extra source of vitamins in your smoothie? Blend it together with fruit and spinach. *Want a tasty protein shake?* Mix in some moringa powder with fruit, chocolate protein powder and milk. Or if you need a healthy dose of minerals in your breakfast routine, add in some granola, moringa powder and honey to your yogurt. But, that's not all. You can also incorporate it into your favorite party dips, casseroles, salad dressings and more.

That's the convenient aspect of moringa powder -- it's easy to add in to any of your recipes in your daily life! Knowing this, we developed **Moringa +** recipes that make using this product simple, easy and delicious in your everyday cooking.



Moringa Guacamole

Ingredients:

- 3 ripe avocados
- Juice from 1 lime
- 1 tbsp cumin
- 1 tbsp moringa
- Salt to taste
- ¼ cup minced onion
- 1 cup chopped tomato

Directions:

Cut and remove the flesh of the avocado.
Place in a bowl and mash with a fork.

Add the lime juice, cumin, moringa and salt to the bowl
and mix with the avocado.

Add the chopped tomato and onion to the bowl and mix.

Enjoy with tortilla chips or on the side of a dish!



Moringa Spinach Artichoke Dip

Ingredients:

- 14 oz can artichoke hearts drained and chopped
- 10 oz box frozen chopped spinach thawed
- 2 cups shredded parmesan cheese
- 2 tbsp minced garlic
- 2/3 cup sour cream
- 8 oz cream cheese softened
- 1/3 cup mayonnaise
- 3 tbsp moringa



Directions:

Preheat the oven to 375.

Mix the artichoke hearts, spinach, and parmesan cheese in a bowl.

Mix the garlic, sour cream, cream cheese and mayonnaise in a separate bowl. Add to the spinach mixture and mix well.

Pour into an 8x8 pan and bake for 25 min.

Remove from oven. After it has cooled for 10 minutes, stir the moringa into the spinach artichoke dip.



Pre-workout Moringa Energy Balls

Ingredients:

- 1 banana
- 4 tbsp honey or agave (*adjust to taste*)
- 2 tbsp coconut oil
- 1/4 cup of a nut butter
(*peanut, almond, cashew etc.*)
- 1/2 cup of raw quick cook oats
- 4 tbsp coconut flakes (*more for coating*)
- 1tbsp moringa powder (*more for coating*)
- 3 tbsp raw cacao powder
- 1 tbsp cinnamon
- 1 tbsp real vanilla extract
- Handful of chopped nuts (*walnut, almond, sunflower seeds, etc.*)
- 2 tbsp chia seeds (*for coating*)



Directions:

Mash the banana and combine with the wet ingredients in a large bowl. Add the dry ingredients and mix well.

Shape into balls.

Mix coconut flakes, chia seeds and extra moringa powder in a small bowl.

Coat each ball in coconut mixture until covered.



Chunky Monkey Moringa Smoothie

Ingredients:

- 1 banana
- 1 tbsp of peanut butter
- 1 tbsp of raw cacao powder
- 1 cup of almond milk
- 1 tbsp of moringa
- 1 pitted date

Directions:

Place all ingredients in a blender and blend on high until smooth.

Add more almond milk/coconut water as needed until desired consistency is reached.



Tropical Moringa Smoothie

Ingredients:

- 1/2 banana
- 1/2 avocado
- 1/2 cup of pineapple or mango
- 1 cup of almond milk or coconut water
- 1 tbsp of moringa
- 1 tbsp of agave syrup

Directions:

Place all ingredients in a blender and blend on high until smooth.

Add more almond milk/coconut water as needed until desired consistency is reached.



Moringa Pesto Sauce

Ingredients:

- 1 cup fresh basil leaves
- 3 cloves garlic, peeled
- 3 tablespoons pine nuts
- 1/3 cup freshly grated parmesan
- 1 tsp moringa
- 1/3 cup olive oil
- Kosher salt and freshly ground black pepper, to taste

Directions:

In the bowl of a food processor, combine the basil, garlic, pine nuts, parmesan and moringa.

Slowly add the olive oil as the motor is running.

Add salt and pepper to taste.

Store in the refrigerator for up to one week.





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Bonvera also offers an opportunity to individuals who want more out of life and more out of a typical 9-to-5 job. With our “business in a box” system, individuals can become entrepreneurs in building their own Bonvera business on their own time and with their own effort. We provide the education, training and mentoring to take the guesswork and fear out of entrepreneurship.

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