

# AROUND THE WORLD

Here at Goodness Me! we love supporting our local businesses and farmers, but also appreciate the diverse and unique products that are made available to us from around the globe. While we all love our essentials, breaking out of your comfort zone and trying some world wide trends can be fun! Who knows, you may even find your next essential product.



## ORGANIC MATCHA AIYA

For over 800 years, Matcha green tea has been a staple of Japanese culture and a powerful superfood with immune boosting properties. Shade grown tea leaves are stone ground into a fine powder, and contain high levels of L-theanine and antioxidants. Since 1888, Aiya has been producing premium Japanese Matcha, from seed to bowl.



## DANDELION HERBAL BEVERAGE DANDY BLEND

Your morning cup of health! Produced in Poland, Dandy Blend is an instant, caffeine-free herbal beverage that is just like your morning java, without the jitters. Giving up coffee is hard – that's where Dandy Blend's got your back. Delicious in hot and cold drinks, try adding to your favourite elixir or smoothie!



## GOLDEN LENTIL DAL SOUP AMY'S KITCHEN

This recipe was shared with Amy's Kitchen by the owners of a delightful Himalayan restaurant in their hometown. Organic red lentils and yellow split peas, combine well with carrots, tomatoes, and mild Indian spices for a delicious meal. Free from gluten, dairy, soy, and lactose, all Amy's soups are always made with the highest quality ingredients to provide the best for customers, farmers, and the planet.



## NATURAL SKINCARE KALAYA NATURALS

Native to Africa, this rare oil is extracted from the nuts of the Marula Tree. Rich in antioxidants and vitamins, means it has unparalleled benefits for skin and hair. Find this rare, anti-aging oil in Kalaya Naturals Moisture Cream, Hand Cream and Omega Body Lotions.

