



## Natural de Moçambique



**We source all our products directly from local producers across all provinces of Mozambique.**

**We address a growing global demand for quality, healthy, ethical and sustainable products.**



**Sustainable and healthy lifestyles**

Promoting social and environmentally responsible lifestyles.



**Promoting Mozambican quality products**

Developing healthy, natural and organic products and in mutual benefit relationships with our suppliers.



# Product categories

EDIBLE OILS

RICE

HEALTHY  
SNACKS

COFFEE

GLUTEN-FREE  
FLOUR

BEANS  
AND GRAINS

SPREADS

TEAS  
AND INFUSIONS

NUTRITIONAL  
SUPPLEMENTS

OTHER SPECIALTIES

HONEY

COSMETICS

SAUCES

SPICES  
AND SEEDS

SUGAR





### Virgin coconut oil

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Cold pressed, 100% natural and organic certified. Produced in Inhambane using fresh coconut acquired directly from the local communities.

A healthy substitute for baking, frying or braising, replacing other cooking oils, butter, margarine or olive oil.

Can also be applied to skin or hair to nourish and moisturize.

### Óleo de sésamo (gergelim)

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Extracted from the sesame seed.

An oil rich in flavour that can be used for cooking or seasoning.

It adds a unique and distinctive flavor to your dishes, especially used in Asian cuisine.



### Soybean oil

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Extracted from whole soybeans and fortified with vitamins.

Produced in the province of Niassa with 100% national soybeans.

An ideal oil for cooking and frying.

## RICE



### Brown and white aromatic rice

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Grown using traditional methods in the Zambezia Province, 100% natural, with no chemicals or additives.

Its rich aroma makes this rice unique.

White rice is polished to get its white colour. The wholegrain brown rice is peeled, with no additional polishing, thus maintaining a brownish colour and retaining more of its natural nutrients.





### Cashew nut flour

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Cashew flour is rich in protein.

Perfect to use as a replacement to almond flour in your recipes for bread, cakes, biscuits or pancakes.

Add to your porridge, soap, curry or sauce for nutrients, texture and flavour.

### Coconut flour

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Produced from coconut flesh after the extraction of its oil.

Rich in fibre, proteins and minerals. Low glycaemic index, medium chain fatty acids which are digested faster, reducing body fat accumulation.

Mix with other flours (up to 20%) for regular baking recipes or look up specific recipes. Use in cooking or porridge for flavour and texture



### Cassava flour

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Produced from dried and finely milled cassava root. Rich in minerals and with a unique flavour.

Suited for baking and cooking by replacing or mixing with other flours. Use for prepare porridge or polenta.

### Roasted cassava flour

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Produced from grated and roasted cassava root.

Prepare as porridge by adding water and sugar, honey, cereals or fruit.

For Brazilian-style “farofa”, braise and serve with black beans.

### Tapioca starch (cassava)

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Processed for the extraction of the starch from the cassava root by pressing out the fibres.

Bake gluten free bread or cakes, including the famous Brazilian cheese rolls – pão de queijo.

Hydrate with a little water to make tapioca.





### Sorghum flour

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Wholegrain gluten free flour. Eat as porridge, cook and bake.

Sorghum is rich in fibres and anti-oxidants. Has low glycemic index (lowering glucose to help control diabetes) and cholesterol-lowering properties.

### Pearl millet flour

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Wholegrain gluten free flour. Also know as Bajra in Asian cuisine.

Rich in fibres (helping with weight loss and lower cholesterol), potassium (lowers blood pressure), magnesium (for heart health) and anti-oxidants. Low glycemic index to help control diabetes.

### Finger millet

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Wholegrain gluten free flour. Also know as Ragi in Asian cuisine.

Rich in fibres (weight loss and lower cholesterol) and anti-oxidants. Low glycemic index to help control diabetes.





### Rice flour

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Milled from fresh rice, a highly versatile gluten-free flour. Can be used by replacing or mixing with regular flours in baking.

Good for young children's porridge.

### Orange-flesh sweet potato flour

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Orange-flesh sweet potato is rich in vitamins, phosphorus and potassium.

Can be use to make bread, for baking, cooking or porridge. Look up other recipes for potato flour.

### Soy flour

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Produced from lightly roasted soy beans, rich in protein.

Can be use for baking, cooking or porridge.



### Yellow maize flour

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Rich in fibres (helping with weight loss and lower cholesterol), potassium (lowers blood pressure), magnesium (for heart health) and anti-oxidants. Low glycemic index to help control diabetes.

Use to make polenta or bake bread and cakes.

### White maize flour

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Made from white maize/corn with a soaking process before drying and milling.

Use for typical Mozambican Xima (Mozambican polenta).

### Soy and maize instant meal

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Nutritious instant meal, just add water to make porridge.

Naturally enriched with the protein of soy beans, with added vitamins and minerals.

Made with pre-cooked soy and white maize plus sugar and salt, ready to consume.



## GLUTEN-FREE FLOUR



## Green banana flour

Produced from the fine milling of dehydrated green bananas.

Green banana flour is rich in vitamins A, B1, B2, B6, C, D and E, as well as Potassium, Calcium, Magnesium and Zinc. Although it is rich in carbohydrates, it has a low glycaemic index, thus being appropriate to diabetics and for cholesterol control.

## SUPPLEMENTS



## Baobab powder

Baobab Fruit is considered a Super Fruit as it is extremely rich in Vitamin C, antioxidants, Iron, Potassium, Calcium and Magnesium.

Baovita works directly with local producers and supports the communities contributing to their development.

Add to juice, milkshakes, porridge or any other dish for a unique citric flavor.



### Passion fruit peel flour

Produced by drying and milling the passion fruit peel, which is rich in fibre, vitamins and minerals.

It can help in the weight loss process as it contains pectin that increases the feeling of satiety.

Its properties also help regulate cholesterol and blood glucose levels (for controlling diabetes).



### Moringa powder and leaves

Moringa leaves, from the miracle tree, are known for be rich in calcium, iron, potassium, vitamins A and C.

Anti-oxidant and anti-inflammatory.

Add to juices, smoothies, porridge, soup and any other foods to enrich with minerals and vitamins.

Or use the leaves as a herbal infusion.





Rich in nutrients, produced naturally without any additives.

Soak in water for about 12 hours and discard water before cooking.

A variety of beans for different occasions:

- **Preto / Black beans:** for stew/feijoada
- **Branco / White beans:** try a seafood stew/feijoada.
- **Encarnado / Red kidney beans:** versatile nutritious beans for all purposes.
- **Soroco / Mung beans:** popular in Asian cuisine, for stews, soup. A cousin of lentils.
- **Boer / Pigeon peas (dal):** ideal for Asian dishes and curries.
- **Manteiga / Butter beans:** soft and tasty.
- **Catarino / Pinto beans (speckled beans):** try refritos for Mexican food.







### Shredded (ground) coconut

Produced from fresh, whole-fat coconut, dried for preservation with no additives.

All the flavour of coconut to use in your dishes, deserts or breakfast. Use for coconut curry, bake coconut cake, biscuits.

Rich in fibres and healthy fats.

### Ground peanut

Ground peanut is practical and easy to use in the traditional Mozambican curry.

Our peanut is free from aflatoxins - a cancerous toxin, harmful to the human body, very common in peanut.

### Cassava leaf powder

A traditional Mozambican ingredient – made from dried and ground cassava leaves.

Our matapa powder is ready to cook – just open it and add it to the pan to prepare traditional a Mozambican dish with coconut milk and ground peanut.



### Wild harvest dry mushrooms

Dried mushrooms retain all the flavour and nutrients without any additives or preservatives.

Produced in the communities around the Gilé National Park as part of the park's development programme which trains women in collection and drying.

Before cooking, soak the mushrooms in hot water for about 30 minutes, remove from the water and cook normally.

In partnership with:







Processed in special dryers, with no sulphites, no chemicals or other preservatives.

The drying process preserves fruit's vitamins, nutrients and fibres.

Varieties available:

- Coconut
- Banana
- Pineapple
- Mango
- Mix of all four

A healthy snack to eat at any time of the day.

Try adding to your cereals, yogurt, cakes or food dishes.





## Dry fruit and nuts mix

Ideal healthy snack for any time of the day.

Tasty mix of:

- Roasted cashew nuts,
- Macadamia nuts,
- Banana,
- Pineapple, and
- Mango.

## Roasted and raw cashew nuts

Healthy snacks with no salt, no sugar and no frying. Cashew nuts are rich in fibre, heart-healthy fats and minerals.

Raw cashew nuts are extracted from the shell by a heating process and then have no further processing or additives. Can be eaten raw or used to cook.

Roasted cashew nuts are oven roasted for extra crispiness and flavour whilst avoiding oil frying.



## Macadamia nuts

Healthy snacks with no salt, no sugar and no frying.

Raw macadamia nuts are extracted from the hard shell and dried with no further processing.

Macadamias are naturally low in sugar and carbohydrates. Rich in nutrients, anti-oxidants and can improve heart health.



## Roasted and salted macadamia

Roasted and lightly salted macadamia nuts.

Our nuts are dry roasted, with no frying and no added oils, making it a healthier snack.



*Coming soon*





A range of roasted cashew nuts with salt, salt and chili, and other flavours soon.

Our flavoured cashew nuts are dry roasted, which means no frying, no added oils and a much healthier snack.

*Coming soon*



## Roasted and sweetened peanuts

Peanuts roasted in an oven, without adding salt or sugar and without frying.

Sweetened peanuts are cooked with brown sugar.

Our peanuts are free from aflatoxins – a carcinogenic toxin, harmful to the human body, very common in peanuts.





## Chilli sauces

Fresh piri-piri sauces made with fresh local ingredients in Inhambane.

Strong chilli, can be diluted to make the most of its flavour.

**Lourenço Marques:** the original Mozambican piri-piri sauce for any type of dish.

**Baobab:** the citric flavour of baobab - ideal with seafood, fish, pasta.

**Mango:** fresh and sweet flavour - try with pork, duck or salads.

**Passion:** the unique sweet chili combination of passion fruit and chili.

**Goa (papaya):** an unexpectedly and pleasant combination of papaya and chilli.

Try them all and figure out which ones combine better with salad, meat, fish, seafood or other dishes.

Dilute in mayonnaise, lemon, or olive oil or apply directly to your sauce or directly in the dish.





## Ginger powder

Dried and ground ginger, ready to use in cooking or to add to your tea or beverages.

Ginger is a natural anti-biotic.

Try it as a hot tea with lemon and honey



## Turmeric powder

A popular spice in Asian cuisine.

Take it also as a supplement for the many health benefits of curcumin (anti-inflammatory, antioxidant, improves heart health and prevents various other diseases). Take a spoon with any food or beverage.



## Sesame seeds

Sesame seed is often used on salad (after toasting briefly in a pan) or to prepare seed bread, or in the final touch of making any dish - such as braised tuna.



*Coming soon*



## Mild chilli powder

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Mild chilli powder – with all the flavour and extra colour, but not too hot.

Ideal for adding to sauces and curries for tasty and colourful results.

Produced from dried chilli peppers.

## Extra hot chilli powder

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Very, very hot chilli powder!

Use in cooking or seasoning.

Produced from dried Mozambican birds-eyes chilli peppers.





*Coming soon*

## Fleur de sel (unrefined table salt)

Fleur de sel is a thin crust of marine salt crystals that forms in the surface of salt ponds.

The purest form of table sea salt as it is naturally fine and not refined.

High concentration of iron, zinc, magnesium, iodine, fluorine, sodium, calcium, potassium and copper.

## Sea salt (unrefined coarse salt)

Natural coarse sea salt from the Indian ocean. Ideal for using in cooking.

Enriched with iodine as required by Mozambican legislation.

## Chilli and salt seasoning

A perfectly balanced mix of pure fleur de sel and chilli powder.

Use to season, salads, meat, fish or seafood.

## Litchi and macadamia flora honey

Pure and natural mono floral honey.

This premium honey has a unique and differentiated taste as it is produced from hives located in macadamia or litchi plantations.

Litchi-flora honey – light and floral.

Macadamia-flora honey – rich and floral.



## Multiflora honey

A collection of natural and pure honeys sourced from communities in different regions of Mozambique.

**Inhambane** – from the southern tropical province.

**Matutuine** – from the southern-most region in Mozambique, produced by the communities around the Maputo National Park.

**Manica** – from centre of Mozambique







## Honey monoflora and multiflora

Pure and natural mono floral honey.

Produced in the province of Manica

Three varieties, each with a distinct flavor due to the different flora at the base of their production by bees.

- Avocado flora
- Macadamia flora
- Litchi flora

Each of these different types of honey is produced from beehives located in avocado, litchi and macadamia tree plantations – and are therefore considered monoflora honey.

The multiflora honey is produced in miombo forest.

## SUGAR



ORGANIC  
CERTIFIED

### Whole sugar (unrefined)

This cane sugar is unique because of its process which does not involve any centrifugation. This process allow the sugar to retain its molasses which is has vitamins, minerals and antioxidants.

A healthier alternative to regular sugar for its nutritional value. A naturally fortified product.

Use by replacing your regular sugar for any use.



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CERTIFIED

### Sugar molasses (blackstrap)

Sugar cane blackstrap molasses are a honey-like sirup that results from the sugar production process.

It can be used to sweeten deserts and also in preparing special sauces for cooking (like the barbecue sauce).

The molasses contain most of the vitamins and minerals from the sugar cane.

*Coming soon*





## Peanut butter spread

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Peanut butter produced locally with national peanuts in two varieties:

- . Normal with added sugar,
- . Without added sugar.

Spread in bread or pancakes. Add to smoothies, shakes or juices.

## Macadamia spread

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Made from lightly roasted macadamia nuts with no added sugar.

The unique and original flavour of macadamia nuts.

## Cashew nut butter spread

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Made from roasted cashew nuts, with a little coconut oil, and no added sugar.

A unique alternative to other spreads with all the taste and benefits of cashew nuts.



### Marula nut spread

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Made from lightly roasted marula nuts with added salt and sugar.

A truly unique Mozambican product.



### Nuts and chocolate spread

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The Mozambican NUTELLA!

Healthier and more natural – no palm oil nor additives.

Made from macadamia and cashew nuts with cocoa and a bit of sugar.



### Tahini (sesame spread)

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Sesame seed spread with virgin olive oil.

Ideal to prepare *hummus* and other Middle Eastern cuisine.





### Niassa coffee

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100% arabica coffee from the Niassa Province in the north of Mozambique.

Two roasting varieties: “Expresso”, darker roast flavour and “Medium Roast”, lighter roast, more of the beans’ bitter flavour.

Available in beans and in fine grind.

### Chimanimani coffee

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Arabica coffee from the mountains of Chimanimani in Manica.

Two roasting varieties: “Expresso”, darker roast flavour and “Medium Roast”, lighter roast, more of the beans’ bitter flavour.

Available in beans and in fine grind.



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### Black and green tea (loose leaf)

From certified organic plantations in the mountains of Gurué, in Upper Zambezia.

Black and green teas are rich in antioxidants, such as flavonoids, which help protect cells and delay their aging. It speeds up your metabolism without over-stimulating your heart, as your caffeine level is relatively low.

Use an infuser or strainer with boiled water for 3 to 4 minutes.

### Black tea (teabags)

From the tea plantations in the mountains of Gurué, Zambezia.

Black tea is rich in antioxidants that protect body cells from ageing. Its caffeine can provide energy without over stimulating the heart given.

Prepare in boiled water for 2 to 4 minutes – according to taste. Drink with or without milk.

For a healthier cup, do not add sugar or use honey instead.





Infusions with various health benefits and ideal for hot or ice tea.

**Hibiscus**, with diuretic properties, helps with weight loss.

**Lemongrass** (balacate), rich in antioxidants, helps to reduce anxiety and control cholesterol.

**Lemon balm** (cidreira), recognized for its soothing properties that help sleep and reduce stress.

**Spearmint** (hortelã), balances hormones, lowers blood sugar and improves digestion. And makes great mojitos!



Prepare an infusion with boiled water as you would tea. Drink it hot or cold.

Consume naturally or by adding sugar, honey or mixing with other teas, herbs or spices.



## Cosmetic products

### Clay Mask

- Removes excess oil without leaving skin dry. Absorbs toxins and other impurities in skin.
- Renovates and reinvigorates skin.
- Helps with treatment of spots and scars.



### Eucalyptus Essential Oil

- Use as home or spa fragrance.
- Helps with respiratory problems, cough and allergies.
- Natural mosquito repellent.
- Immediate bug itch relief.

### Hand sanitizer

- 70% alcohol plus lemon and lavender essential oils.
- Eliminates virus and bacteria with a super pleasant aroma.



# Bóm

BIO ÓLEOS DE MIOMBO

From seed to skin, the best of nature for you.

Natural hair and skincare products from local seed and essential oils from coconut, mafura, marula and others.



## MIOMBO

THE EXCLUSIVE RANGE OF  
NATURAL COSMETICS

## BANTU MEN

100% natural and  
alcohol-free.

Nourishing Beard Oil

Facial Elixir and  
Aftershave





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