



# Into the kitchen with... NUT BUTTER

11  
DELICIOUS  
RECIPES



100% nuts,  
peanuts or  
seeds



Sustainably  
produced



Organic

# About Terrasana

## Positive eating

At Terrasana we love pure food. No additives, no unnecessary ingredients. Just the tastiest food of the best organic quality.

When you use TerraSana products, you can be sure that they are organic. We use the purest ingredients from around the world. This way we use everyone's expertise, and you end up with a product that makes you happy.

We are happy to ensure that you can enjoy both daily products and luxurious, sustainable specialties without any worries. Because by eating organically you not only do good for your own health, but also for the future of our beautiful earth. Choose positive!

*We only use real ingredients. Nothing that doesn't belong.*



# Good to know

- ✓ TerraSana literally means healthy earth. And that's what we stand for. Together for a healthy planet!
- ✓ TerraSana began 35 years ago in a miniature version in an attic room.
- ✓ TerraSana is almost a supermarket in itself. With more than 400 products in the range, there is something for everyone who wants to live consciously and needs something delicious!


*400+ organic, fair products*



## Our product lines:

 Nut butter


 Artisan bread

 Superfood

 Basic ingredients

 (Vegan) snacks

 Maple syrup

 Coconut products

 Asian cuisine

 Japanese cuisine

 Mediterranean cuisine

 Jarred fruits & veggies

 Vegan latte

# How we make nut butters in-house

We like it pure. We love real food without crazy additives. That's why we make (pea)nut butter from 100% peanuts, nuts, seeds or seeds, sometimes with a pinch of salt. Nothing else. So no palm oil or added sugars. This way, you always know exactly what you have on your plate.

We've been making our nut butters in-house for years, in the founder Kees Barnhard's hometown. 21 varieties, all made sustainably with solar power.

A good organic nut is a great start. But for nut butter that's truly next-level, everything has to be right. Operator Johan from TerraSana: "We taste everything. Only the most delicious nuts make the cut."

Buy our products in your nearest health food store and online.



## Good to know

- ✓ We make nut butters in-house and package our nuts, seeds, mueslis, superfoods, miso and tamari ourselves, in a small town called Leimuident, located in the Netherlands.
- ✓ You buy our nut butters in jars of 250 g or in handy family jars of 500 g.
- ✓ All jars have BPA and PVC-free lids and are therefore plastic-free!
- ✓ You can reuse the jars very easily. The label is attached with environmentally friendly glue that you can soak off in 10 minutes. You can prepare overnight oats, chia pudding or mason jar salads inside!



# Energy balls

## with 2-mix nut butter

### What you need

150 g dates *	2 tbsp hemp seed * + extra to roll in
50g 2 mix *	
50 g almonds *	
1 tbsp maple syrup *	* TerraSana product

### How to make it

1. Grind the dates completely in a blender until a smooth ball is formed.
2. Add the rest of the ingredients and mix. Make small balls of it.
3. Is the dough still too dry to roll into balls?
4. Then add an extra tablespoon of maple syrup.
5. Optional: roll the balls by the hemp seed.

We don't add anything unnecessary to our nut butters. In this 2 mix even no peanuts!



### 2-mix is delicious...

- ✓ on (sprouted) bread
- ✓ on a rice cake
- ✓ in cookie or cake batter
- ✓ in your homemade pie crust
- ✓ as a drizzle over your breakfast

Ready in  
10 minutes



More info  
about our 2-mix

10  
BALLS



VEGAN



# Chiapudding

## with 3-mix nut butter

### What you need

150 ml almond milk	1 tbsp raw cocoa powder *
30 g chia seeds *	5 dates *
100 ml coconut milk + 5 extra tbsp *	1 banana
1 tbsp 3 mix *	

\* TerraSana product

### How to make it

1. Mix the almond milk and chia seeds in a mug. Allow these to soak for 30 minutes to overnight. Stir regularly, particularly in the first 10 minutes, otherwise the chia seeds can stick together.
2. Then add the coconut milk and stir this in.
3. Cut half a banana into slices and place these against the sides of the glass. Mash the rest of the banana finely and combine this with the chia pudding.
4. Place the dates, the 3-mix and the cocoa powder in a blender and mix until smooth.
5. Add 5 tablespoons of coconut milk until the mixture is liquid enough.
6. Fill your glass with the chia pudding and date mixture.



In 3-mix, you definitely taste almonds, hazelnuts and cashews. Smooth or crunchy, your call!

(Crunchy) 3-mix is delicious...

- ✓ on (sprouted) bread
- ✓ on a cracker
- ✓ on a rice cake (great for kids!)
- ✓ in cookie or cake batter
- ✓ in a (medjool) date
- ✓ like drizzle over your breakfast



More info about our 3-mix

10 minutes preparation + a 30 minutes soak



1  
PORTION



# Carrot cookies

with 4-mix nut butter

## What you need

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 tbsp broken linseed *     | 1/2 tsp cinnamon              |
| + 2 tbsp water              | 1/2 tsp vanilla powder        |
| 100 g 4 mix *               | 100 g coconut blossom sugar * |
| 100 oatmeal *               |                               |
| 100 g carrot                |                               |
| 50 ml maple syrup grade c * | * TerraSana product           |

## How to make it

1. Preheat the oven to 180°C.
2. Mix the linseed with the water and let it stand for 10 minutes.
3. Finely grate the carrots.
4. Place the oats in the food processor and grind until it is (almost) as fine as flour.
5. Add all ingredients and mix to a dough.
6. Place a tablespoon of dough on a baking tray and flatten slightly. Repeat until the dough is used up.
7. Then bake them for about 15-20 minutes.

We only use the very best organic nuts and peanuts, and you can taste it!



(Crunchy) 4-mix is delicious...

- ✓ in a homemade muesli bar
- ✓ on a slice of cucumber
- ✓ on (sprouted) bread
- ✓ on a cracker
- ✓ on a rice cake
- ✓ in cookie or cake batter



More info about our 4-mix

Ready in 30 minutes



12 COOKIES



VEGAN

# Peanut soup

with peanut butter

## What you need

2 red onions	500 ml water
1 carrot	1 can (200 ml) coconut milk *
½ zucchini	2 tbsp peanut butter smooth *
1 red bell pepper	
1 heaping tbsp Thai red curry paste *	

\* TerraSana product

## How to make it

1. Cut the onions into rings or pieces.
2. Halve the carrot lengthwise and cut into diagonal slices. Do the same with the zucchini and bell pepper.
3. Fry the onion in olive oil for 2 minutes until translucent. Add the carrot and cook for 1 minute. Add the bell pepper and zucchini.
4. Add the red curry paste to the vegetables, fry briefly and deglaze with the water.
5. Then add the coconut milk and peanut butter.
6. Let the soup simmer for about 5 minutes.
7. Divide the soup over 2 or 3 bowls.

Good peanut butter starts with a good peanut. Additions such as (palm) oil or dextrose are not necessary at all. Choose positive!



Peanut butter is delicious...

- ✓ on a rice cake
- ✓ in homemade banana ice cream
- ✓ on a slice of cucumber
- ✓ as a base for peanut soup or sauce
- ✓ in your granola
- ✓ in banana bread



More info about our peanut butter

Ready in 10 minutes



2-3 PORTIONS



VEGAN



# Goji smoothie

with almond butter

## What you need

3 tbsp goji berries \*  
1 banana  
1 tbsp linseed \*  
150 ml cold water

1 heaping tbsp white  
almond butter \*

\* TerraSana product

## How to make it

1. Peel the banana.
2. Add all the ingredients to a blender and grind them to form a silky smoothie.
3. Pour it into a glass or an empty nut-butter jar.

Did you know that it's very easy to remove the labels on the jars of nut butter by soaking them in water? So you can use them to serve your smoothie once the nut butter is finished.

For brown almond butter  
we roast the almonds,  
for the white variant we  
blanch them. Brown also comes  
in a crunchy version.



(Crunchy)  
almond butter  
is delicious...

- ✓ as a base for  
homemade almond  
milk (use white  
almond butter)
- ✓ in smoothies
- ✓ on a cracker
- ✓ on a rice cake
- ✓ in homemade  
banana ice cream



More info  
about our  
almond butter

Ready in  
5 minutes



1  
GLASS

GLUTEN  
FREE

VEGAN



# Ice cream with caramel

## with cashew butter

### What you need

#### For the popsicles:

400 ml coconut milk \*  
100 g cashew butter \*  
2 tbsp maca powder \*  
5 tbsp maple syrup grade c \*

#### For the caramel:

200 ml coconut milk \*  
20 g coconut blossom sugar \*

\* TerraSana product

### How to make it

1. Add all the ingredients for the ice creams to a blender and combine to form a smooth mixture. Pour this into the ice-cream moulds and leave in the freezer overnight. Chocolate freak? Add 1 tbsp raw cocoa!
2. Make the caramel by bringing coconut milk and coconut blossom sugar to the boil, stirring constantly. Allow this to cook for 20-30 minutes, until a soft, golden-brown caramel develops.
3. Remove the popsicles from the freezer five minutes before serving and decorate them with caramel and crushed cashews.



Cashew butter is wonderfully soft and creamy. Want more bite? Try the crunchy salted version.

(Crunchy) cashew butter is delicious...

- ✓ as a base for homemade cashew milk
- ✓ in smoothies
- ✓ on a rice cake (favorite with kids!)
- ✓ in cookie or cake batter
- ✓ in your homemade pie crust
- ✓ in a (medjool) date



More info about our cashew butter

30 minutes preparation  
+ minimum of  
4 hours waiting time



6-8  
POPSICLES

GLUTEN  
FREE

VEGAN

# Choco fudge

## with hazelnut butter

### What you need

200 g dark chocolate  
(72% cocoa)  
50 ml coconut milk \*  
50 g hazelnut butter \*  
2 tbsp maple syrup \*

1/4 tsp vanilla powder  
75 g hazelnuts \*  
coarse sea salt to taste

\* TerraSana product

### How to make it

1. Break the chocolate into blocks.
2. Chop the hazelnuts finely. Keep around a third of the chopped hazelnuts to one side.
3. Add the rest of the ingredients, apart from the sea salt, to a steel pan.
4. Heat slowly, whilst continuously stirring well. As soon as everything has melted, remove the pan from the heat.
5. Cover a square tin around 12 cm x 12 cm with baking paper. Pour the chocolate mixture into this and sprinkle the rest of the hazelnuts and sea salt on top to taste.
6. Allow to cool overnight in the fridge.
7. The fudge tastes best when stored in the fridge!



Our hazelnut butter  
has been perfected  
down to the last detail  
for years.

### Hazelnut butter is delicious...

- ✓ as a base for  
homemade hazelnut  
milk
- ✓ as a base for  
homemade chocolate  
spread
- ✓ in banana ice cream
- ✓ in your breakfast
- ✓ in cookie or cake  
batter
- ✓ in your homemade  
pie crust



More info  
about our  
hazelnut butter

15 minutes preparation  
+ cooling off overnight



16  
CUBES



VEGAN

# Hummus

## with tahin (sesame butter)

### What you need

350 g chickpeas in jar  
60 g tahini white \*  
juice of 1 lemon  
1 clove of garlic,  
squeezed  
2 tbsp olive oil + more  
for garnish

1/2 tsp cumin  
1/2 tsp paprika powder  
1 tsp ras el hanout herbs  
10 g pine nuts \*  
salt and pepper

\* TerraSana product

Tahini is the heartiest of the bunch. We make tahini from unpeeled sesame seeds (dark), peeled sesame seeds (white) or a mix (regular), with or without salt.

### How to make it

1. Drain the chickpeas and keep the liquid to one side.
2. Add all the ingredients to a blender and blend until completely smooth. This can take about 10 minutes, including stirring occasionally.
3. Look carefully at the consistency and add olive oil or liquid from the chickpeas to make the hummus thinner if necessary.
4. Toast the pine nuts until brown in a frying pan.
5. Spoon the hummus onto a plate and sprinkle the pine nuts on top, along with some extra olive oil.
6. Delicious with toasted sprouted bread!



### Tahin is delicious...

- ✓ as a base for (dipping) sauce or dressing
- ✓ in homemade hummus
- ✓ mixed with Japanese soy sauce, sesame oil and lemon juice (in noodles)



More info  
about our tahin

Ready in  
10 minutes



3-4  
PORTIONS



VEGAN



# Summer rolls with dip sauce

## with sunflower seed butter

### What you need

- |  |                                |
|--|--------------------------------|
| 3 rice sheets *  | 1 tbsp sunflower seed butter * |
| 40 g somen or Thai rice noodles *  | 1 tbsp tamari soy sauce *      |
| vegetables and fresh herbs of your choice (e.g. carrot, cucumber, beetroot, parsley) | 1 tbsp lime juice              |
|  | 1 tbsp sesame oil *            |
- \* TerraSana product

### How to make it

1. Cook the noodles according to the directions on the package. Rinse with cold water.
2. Cut the vegetables julienne.
3. Mix the sunflower seed butter with the tamari, lime juice and sesame oil in a dip dish.
4. Hold a rice sheet under the tap for 5-10 seconds. Place on a shelf.
5. Place a small handful of noodles, vegetables and herbs in the center of the sheet. Fold the bottom up and fold the sides in.
6. Roll from the bottom into a package.
7. Cut the summer roll with a sharp knife in half.
8. Serve with the dipping sauce.

An affordable, slightly savoury seed paste with loads of protein (22%)!



### Sunflower seed butter is delicious...

- ✓ on a rice cake
- ✓ as a base for (dip) sauce
- ✓ as a base for a dressing
- ✓ in homemade bread dough



More info about our sunflower seed butter

Ready in 15 minutes



# Salad dressing

## with pumpkin seed butter

### What you need

1/2 jar chickpeas (175 g)	1 tbsp pumpkin seed butter *
1 tomato	1 tbsp olive oil
1/2 avocado	1 tbsp lemon juice
30 g vegan feta	
20 g fresh parsley	
1 tsp linseed *	

\* TerraSana product

### How to make it

1. Drain the chickpeas.
2. Cut the tomato and avocado into cubes.
3. Cut the vegan feta into thin strips or blocks.
4. Finely chop the parsley.
5. Mix all ingredients in a bowl.
6. Then prepare the dressing. Mix the pumpkin seed butter, olive oil and lemon juice in a bowl.
7. Add the salad to the dressing and mix well.
8. Sprinkle with linseed and serve.

A bright green, protein-rich seed paste, perfect for savoury bakes and dressings.



### Pumpkin seed butter is delicious...

- ✓ on a rice cake (with sprouts)
- ✓ as a base for (dip) sauce
- ✓ as a base for a dressing
- ✓ in bread dough
- ✓ in homemade pesto



More info about the pumpkin seed butter

Ready in 10 minutes



1  
BOWL



# Healthy banana split

## with crunchy almond butter chai

### What you need

1/2 can + 1 tbsp coconut whipping cream \*  
25 g coconut blossom sugar \* + 1  
tbsp (optional)  
50 g pecan nuts \*

1 tbsp almond butter crunchy chai \*  
2 bananas  
2 tbsp choco hazelnut spread dark \*

\* TerraSana product

### How to make it

1. Shake the can of coconut whipping cream briefly and refrigerate for 8 to 12 hours.
2. Put 1 tbsp coconut whipping cream in a small saucepan. Add 25 g coconut blossom sugar. Heat over medium heat, stirring constantly, until it forms a caramelised mixture. Once it starts bubbling, don't wait too long, it burns quickly.
3. Add the pecan nuts and stir until fully coated in the caramel. Spread on baking paper and let cool.
4. Add 1 tbsp coconut blossom sugar to the whipped cream (optional). Whip the coconut whipping cream with a hand mixer on high in a tall, narrow bowl until it forms a nice whipped consistency. This usually takes 2 to 6 minutes.
5. Slice the bananas lengthwise and place on a plate.
6. Spread the choco hazelnut spread over the bananas. Top with the whipped cream.
7. Break the caramelised nuts into pieces and sprinkle them on top. Finish with a drizzle of almond butter crunchy chai.

*This chai almond butter is so good, you'll want to eat it straight from the jar. Lightly sweet from coconut blossom sugar, irresistibly spiced like a chai latte.*



### Crunchy almond chai is delicious...

- ✓ in your coffee or hot chocolate
- ✓ with apple, cinnamon and chunks of date
- ✓ in banana ice cream
- ✓ stirred into your breakfast
- ✓ as a spread on bread
- ✓ straight from the jar with a spoon



More info about crunchy almond butter chai

*Overnight wait + 30 minutes prep time*



2-4  
PORTIONS



VEGAN



21 types of  
nut butter

Available in  
250 or 500 gram



Want to try all 400+ TerraSana products?  
Check them out on [terrasana.com](https://terrasana.com)



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