



HAPI AFRICAN GOURMET



Versatile plant-based sauces full of flavors for internationally inspired meals with minimal preparation.

Made fresh in small batches | Locally produced | No preservatives

hapi@hapiafricangourmet.com | hapiafricangourmet.com | 617-608-8933

RETAIL:

- Refrigerated Peanut Sauce
- 60-day shelf life
- 12oz glass jars/12 units per case

FOOD SERVICE:

- Frozen Peanut and Sunflower Sauces
- 18-month shelf life
- 2 gallon pail, 74-128 servings/pail, 64 pails/pallet

PEANUT SAUCE

INGREDIENTS:

Water, Peanut Butter (peanut butter, salt), Tomato, Onion, Vegetable Broth (Water, Dehydrated vegetables (onion, tomato, sweet corn, carrot, celery, pumpkin, carrot juice, bell pepper, green leek and garlic), sea salt, sugar, yeast extract, canola oil, spices, and extractives of celery, onion and garlic), Celery, Garlic, Salt, Black Pepper, Curry

Nutrition Facts	
3.5 servings per container	
Serving size	3/7 Cup (100g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 3.4g	
Monounsaturated Fat 5.2g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes < 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.7mg	10%
Potassium 162mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

SUNFLOWER SAUCE

INGREDIENTS:

Water, Roasted Sunflower Seeds, Tomato, Onion, Vegetable Broth (Water, Dehydrated vegetables (onion, tomato, sweet corn, carrot, celery, pumpkin, carrot juice, bell pepper, green leek and garlic), sea salt, sugar, yeast extract, canola oil, spices, and extractives of celery, onion and garlic), Celery, Garlic, Salt, Black Pepper, Curry.

Nutrition Facts	
74 servings per container	
Serving size	3/7 Cup (100g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Polyunsaturated Fat 3.4g	
Monounsaturated Fat 6.9g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes < 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.7mg	10%
Potassium 176mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Certified WMBE (Woman & Minority Business Enterprise)

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Manufactured at CommonWealth Kitchen, 196 Quincy Street, Dorchester, MA 02121



Our Brand

Hapi African Gourmet makes it easy to enjoy locally made African inspired meals with minimal preparation. We believe that sharing culinary experiences helps people build bridges and explore other cultures while indulging in new flavors. We offer authentic, plant-based, nutritious, and flavorful sauces, frozen meals, and seasonings. We provide bold savory flavors that bring a taste of Africa to your table.

Our peanut and sunflower sauces are great pairings for many items in any food pantry. They are a great complement to foods that most people are familiar with.

Our spice blends are made with sunkissed fruits, seeds, and spices sustainably harvested from the deep forests of Cameroon and other West African countries. Our seasonings bring exquisite bold flavors to any dish; a delicious complement to meats, poultry, seafood, and vegetables. All natural - No fillers - Low sodium - Mild - Savory - Umami.

Our frozen meals reveal the authenticity, simplicity, and deliciousness of our products. Indulging in our meals allows you to travel to any African country from the comfort of your kitchen table or from anywhere you can enjoy food.



A Taste of Africa

Spice Blends



AZA'A: Great for Meats

Ingredients:

Dehydrated vegetables (Onion, Garlic, Celery, Shallots, Green Pepper, Parsley), Pèbè, Prekese, Salt, White Pepper, Black Pepper.



AJOU: Great for Seafood

Ingredients:

Dehydrated vegetables (Onion, Garlic, Shallots, Green Pepper, Basil, Celery), Djansang, Pèbè, Bush Onion, Prekese, Salt, White Pepper, Black Pepper.



AZI'I: Great for Vegetables

Ingredients:

Dehydrated vegetables (Onion, Shallots, Bell Pepper, Garlic, Leeks, Parsley, Celery), Djansang, Black pepper, White Pepper, Salt, Bush Onion, Pèbè.



Nutrition Facts	
54 servings per container	
Serving size	1/4 tsp (1g)
Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

RETAIL

- 12 units per case
- Mixed cases available*
- Case pack: 12 glass jars
- Net weight: 1.9 oz (54 grams)/Jar
- One year shelf life
- Temperature: Dry / Shelf- stable

FOOD SERVICE

- 12 units per case
- Mixed cases available*
- Case pack: 12 containers
- Net weight: 16 oz (453.59 gr)/cont.
- One year shelf life

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Manufactured at Commonwealth Kitchen, 196 Quincy Street, Boston, MA 02121

Sauces



CREAMY PEANUT SAUCE

Ingredients:

Water, Peanut Butter (peanut butter, salt), Tomato, Onion, Vegetable Broth (Water, Dehydrated vegetables (onion, tomato, sweet corn, carrot, celery, pumpkin, carrot juice, bell pepper, green leek, and garlic), sea salt, sugar, yeast extract, canola oil, spices, and extractives of celery, onion, and garlic), Celery, Garlic, Salt, Black Pepper, Curry.



Nutrition Facts	
4 servings per container	
Serving size	1/2 Pouch (85g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Polyunsaturated Fat 2.9g	
Monounsaturated Fat 4.4g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes < 1g Added Sugars	1%
Sugar Alcohol 0g	
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1.4mg	8%
Potassium 137mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

RETAIL

- 6 units per case
- Case pack: 6 boxes (2 pouches/box)
- Net weight: 12 oz (340 gr) /box
- 18 month shelf life - Frozen



CREAMY SUNFLOWER SAUCE

Ingredients:

Water, Roasted Sunflower Seeds Paste, Tomato, Onion, Vegetable Broth (Water, Dehydrated vegetables (onion, tomato, sweet corn, carrot, celery, pumpkin, carrot juice, bell pepper, green leek, and garlic), sea salt, sugar, yeast extract, canola oil, spices, and extractives of celery, onion, and garlic), Celery, Garlic, Salt, Black Pepper, Paprika, Curry.

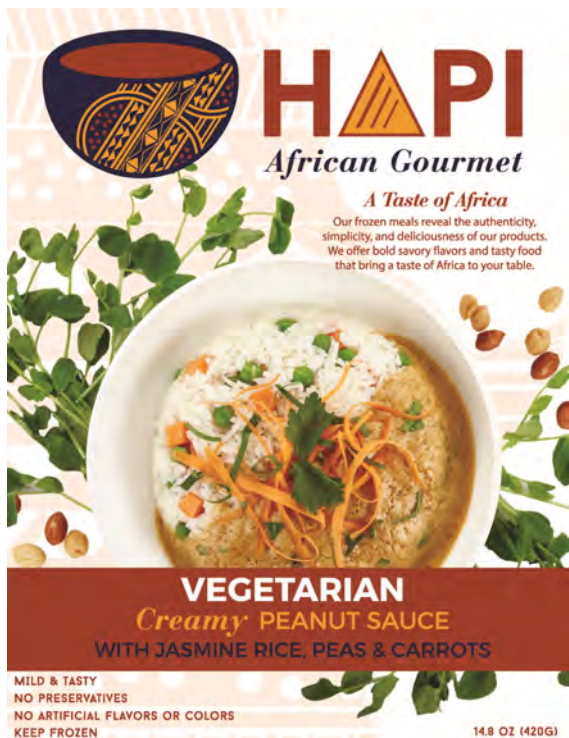


Nutrition Facts	
4 servings per container	
Serving size	1/2 Pouch (85g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Polyunsaturated Fat 2.9g	
Monounsaturated Fat 5.9g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes < 1g Added Sugars	1%
Sugar Alcohol 0g	
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1.4mg	8%
Potassium 149mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FOOD SERVICE

- 1 - 2 gallon container
- 64 - 128 servings/cont.
- Net weight: 129 -258 oz (3658 - 7316 grams) /cont.
- 18 month shelf life - Frozen

Frozen Meals



PEANUT SAUCE WITH JASMINE RICE, PEAS AND CARROTS

Ingredients:

Cooked Jasmine Rice, Peas, and Carrots

Peanut Sauce: Water, Peanut Butter (peanut butter, salt), Tomato, Onion, Vegetable Broth (Water, Dehydrated vegetables (onion, tomato, sweet corn, carrot, celery, pumpkin, carrot juice, bell pepper, green leek, and garlic), sea salt, sugar, yeast extract, canola oil, spices, and extractives of celery, onion, and garlic), Celery, Garlic, Salt, Black Pepper, Curry.



Nutrition Facts	
2 servings per container	
Serving size	1 Cup (210g)
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes < 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 36.05mg	2%
Iron 2.84mg	15%
Potassium 236mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



SUNFLOWER SAUCE WITH JASMINE RICE, PEAS AND CARROTS

Ingredients:

Cooked Jasmine Rice, Peas, and Carrots

Sunflower Sauce: Water, Roasted Sunflower Seeds Paste, Tomato, Onion, Vegetable Broth (Water, Dehydrated vegetables (onion, tomato, sweet corn, carrot, celery, pumpkin, carrot juice, bell pepper, green leek, and garlic), sea salt, sugar, yeast extract, canola oil, spices, and extractives of celery, onion, and garlic), Celery, Garlic, Salt, Black Pepper, Paprika, Curry.



Nutrition Facts	
2 servings per container	
Serving size	1 Cup (210g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.55g	8%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes < 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 41.3mg	4%
Iron 2.84mg	15%
Potassium 248mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



SMALL RED BEANS WITH JASMINE RICE & FRIED SWEET PLANTAIN

Ingredients:

Cooked Jasmine Rice

Fried Slices of Sweet Plantain

Small Red Beans: Cooked Small Red Beans (small red beans, water, salt), Tomato, Onion, Vegetable oil, Bell Pepper, Ginger, Celery, Garlic, Salt, Djansang, Black Pepper, Curry.



Nutrition Facts	
2 servings per container	
Serving size	1 Cup (235g)
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.57g	8%
Trans Fat 0g	
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 0.98g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 61g	22%
Dietary Fiber 8g	29%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 43.92mg	4%
Iron 3.86mg	20%
Potassium 598mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

RETAIL

- 6 units per case
- Net weight: 14.8 -16.5 oz (420 - 470 grams)/tray

Case pack: 6 trays
Six month shelf life - Frozen

PLACE AN ORDER @

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