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

Made fresh in small batches | Locally produced | No preservatives
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.

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

PEANUT SAUCE

<table>
<thead>
<tr>
<th>Serving size</th>
<th>3/4 Cup (100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.8g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>3.4g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>5.2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>440mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Includes &lt; 1g Added Sugars</td>
<td>2%</td>
</tr>
<tr>
<td>Sugar Alcohol</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20mg</td>
</tr>
<tr>
<td>Iron</td>
<td>1.7mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>162mg</td>
</tr>
</tbody>
</table>

*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.

Nutrition Facts

SUNFLOWER SAUCE

<table>
<thead>
<tr>
<th>Serving size</th>
<th>3/4 Cup (100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.7g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>3.4g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0.9g</td>
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<tr>
<td>Cholesterol</td>
<td>0mg</td>
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<tr>
<td>Sodium</td>
<td>370mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Includes &lt; 1g Added Sugars</td>
<td>2%</td>
</tr>
<tr>
<td>Sugar Alcohol</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
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<tr>
<td>Calcium</td>
<td>26mg</td>
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<tr>
<td>Iron</td>
<td>1.7mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>176mg</td>
</tr>
</tbody>
</table>

*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)

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

Spice Blends

AZA’: Great for Meats
Ingredients:
Dehydrated vegetables (Onion, Garlic, Celery, Shallots, Green Pepper, Parsley), Pébè, Prekese, Salt, White Pepper, Black Pepper.

AJOU: Great for Seafood
Ingredients:
Dehydrated vegetables (Onion, Garlic, Shallots, Green Pepper, Basil, Celery), Djansang, Pébè, Bush Onion, Prekese, Salt, White Pepper, Black Pepper.

AZI’: Great for Vegetables
Ingredients:
Dehydrated vegetables (Onion, Shallots, Bell Pepper, Garlic, Leeks, Parsley, Celery), Djansang, Black pepper, White Pepper, Salt, Bush Onion, Pébè.

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 0%
Sodium 0mg 0%
Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%
Total Sugars 0g 0%
Includes 0g Added Sugars 0%
Protein 0g 0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

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hapi@hapiafricangourmet.com | www.hapiafricangourmet.com | 857-256-0442
Manufactured at CommonWealth Kitchen, 196 Quincy Street, Boston, MA 02121
CREAMY PEANUT SAUCE
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.

CREAMY SUNFLOWER SAUCE
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.

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.

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.

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
Serving size: 12 oz (470 grams)
Calories: 110
Total Fat: 1.5g
Saturated Fat: 0.5g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 120mg
Total Carbohydrate: 11g
Dietary Fiber: 1g
Sugars: 0g
Protein: 2g

Nutrition Facts
Serving size: 12 oz (470 grams)
Calories: 120
Total Fat: 1.5g
Saturated Fat: 0.5g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 130mg
Total Carbohydrate: 11g
Dietary Fiber: 1g
Sugars: 0g
Protein: 2g

Nutrition Facts
Serving size: 12 oz (470 grams)
Calories: 240
Total Fat: 4g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 240mg
Total Carbohydrate: 22g
Dietary Fiber: 2g
Sugars: 0g
Protein: 3g

Nutrition Facts
Serving size: 12 oz (470 grams)
Calories: 250
Total Fat: 4g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 250mg
Total Carbohydrate: 23g
Dietary Fiber: 2g
Sugars: 0g
Protein: 3g

Nutrition Facts
Serving size: 12 oz (470 grams)
Calories: 360
Total Fat: 6g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 360mg
Total Carbohydrate: 33g
Dietary Fiber: 3g
Sugars: 0g
Protein: 4g

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