

Hart and Soul

Wholesale Catalogue 2020

WELCOME

to an artisan range of natural cordials, salad dressings, R.E.N.U Greenpower Blend, and Pure Bliss Balls all handmade in Melbourne using locally sourced ingredients whenever possible, absolutely no GMO's; 100% natural and gluten free.

Cordials... cartons of any 6 - \$18.00 postage Australia METRO.

cartons of any 12 - \$25.00 postage Australia METRO.
Shipping rates vary outside metro areas.

Lemon Squash Cordial 750 ml

Tangy lemon squash cordial concentrate.
Mix with gin or vodka & soda water or
add to hot water for a delicious hot lemon drink.
Makes around 7 litres.

\$10.00



Orange/Lemon Squash Cordial 750 ml

A tangy citrus concentrate with an orange twist.
Makes about 7 litres.

\$10.00

Lime Cordial 750 ml

Lime cordial concentrate; amazing on its own, in LLBs or mixed with gin or vodka with soda water.

\$10.00



Pink Grapefruit Cordial 750 ml

Ruby grapefruit makes this cordial concentrate delicious with soda water or your favorite spirit over crushed ice.

\$10.00

Passionfruit Orange Cordial 750 ml

Fresh frozen passion fruit pulp with freshly squeezed orange juice; this one's a tropical treat!

\$10.00



Raspberry Cordial 750 ml

A sweet, tangy cordial concentrate made with fresh frozen raspberries, 750mls makes around 6 litres of cordial. Delicious undiluted over desserts, ice-cream & in smoothies.

Gorgeous with champagne and other cocktail mixers.

\$10.00



Boysenberry Cordial 750 ml

Fresh frozen boysenberries make this decadent cordial concentrate a rich syrup.

Sweet & tangy, 750mls makes around 6 litres.

Amazing undiluted on desserts, ice-cream and in smoothies.

\$10.00

Black Currant Cordial 750 ml

The heady flavour of black currant, with fresh frozen berries, it's delicious either diluted in a drink, blended in smoothies or poured over desserts as a syrup. Try equal parts syrup with vodka over ice; so good!

\$10.00



Salad Dressings... twin packs with \$10.00 postage

Classic Salad Dressing 375 ml

A classic, French style vinaigrette, delicious on cold salads or vegies. Made with extra virgin olive oil & non-GMO canola. Vegan..

\$10.00



Aged Balsamic Vinaigrette 375 ml

An Italian style vinaigrette with aged balsamic vinegar, extra virgin olive oil, non GMO canola oil & Italian herbs.

Drizzle over a cold green salad or pour over roasted vegies.

Vegan.

\$10.00

Smoked Paprika Vinaigrette 375 ml

This smoky vinaigrette with red wine vinegar, extra virgin olive oil & non-GMO canola oil is delicious tossed with your favourite salad greens or roasted vegetables and doubles as a fabulous marinade.

\$10.00



Pure Bliss Balls...



Hart and Soul Pure Bliss Balls are handmade with dried fruit, nuts & seeds.

There are no sugars of any description added, no added fats, oils or protein powders and absolutely nothing artificial.

A delicious, healthy, nutrient dense treat that can satisfy any sugar craving.

Five delicious flavours to choose from:



Apricot Chia

A light truffle of apricot, pear, almond & coconut with the crunch of superfood chia, in a coconut coating.

Cranberry Orange

Almond, date, prune, cranberry, pistachio, leaving behind a hint of toasted orange zest inside a coating of pistachio dust.



Chocolate fudge:

A dense chocolate truffle of hazelnut, raisin, date, prune, goji berry, cacao powder, coconut & vanilla in a coconut coating. Rich in flavour & antioxidants; a delicious & very healthy alternative to traditional chocolate truffles.

Peppermint Chocolate:

A dense, crunchy chocolate truffle of hazelnut, raisin, date, prune, cacao powder, coconut, buckwheat & vanilla with a hit of peppermint essential oil. Rich in flavour & antioxidants.



Raspberry Pear:

A delicious blend of pear, dried raspberry, almond, coconut & pepita.

\$10.50 per 7 x 20g balls, in resealable pouches of 7(140gm)
Catering packs on request.

R . E . N . U SUPERFOOD BLEND

Rejuvenate. Energise. Nourish. You



Organic R.E.N.U GREENPOWER BLEND combines 23 certified organic raw superfood powders, carefully chosen to work synergistically to Rejuvenate, Energise & Nourish You.

A nutrient dense, antioxidant rich, pure plant product with no fillers, designed to be taken daily in smoothies, nice creams, elixirs, soups or digestive shots.

Naturally loaded with antioxidants, polyphenols, vitamins, minerals, adaptogens, amino acids, anti-inflammatory compounds & pre-biotic fibre, R.E.N.U helps strengthen your immune system, energise your body, support digestive health by feeding your microbiome & helps you to feel awesome every day

Nutrient dense, antioxidant rich, pure plant blend. No fillers. Vegan. Gluten free. Dairy free. Nut free. No sugars, flavours or preservatives.

300gm foil lined cardboard canister \$59.00.

300gm resealable refill pouch \$54.00.



Soy Wax Candles 190gm



100% vegetable soy wax candles are biodegradable, non-toxic, burn longer than other waxes and promote a healthier environment for our world, both inside and out. Set in aluminium canisters with a coconut/lime fragrance, they have a burn time of 35hrs & are totally delicious! \$10.00



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