



MannaBrew

TM

Superfood Espresso

Roasted Mesquite Bean Powder





# Welcome to MannaBrew

Discover the natural goodness of MannaBrew, a delicious and healthy beverage that offers a delightful alternative to traditional coffee. Whether you're looking for a caffeine-free option or simply enjoying the unique taste of nature's bounty, MannaBrew is the perfect choice.

Made from roasted Mesquite seedpods and blended to perfection, MannaBrew can be made in any traditional coffeebrewing device and enjoyed with or without milk or milk alternatives. The Mesquite pods have a natural, sweet, nutty flavor enhanced by our roasting process.

MannaBrew is naturally caffeine-free, making it the perfect choice for anyone who wants to reduce their caffeine consumption without giving up their daily coffee-making ritual.



## The Story of MannaBrew

MannaBrew has its roots in the small South African town of Prieska. Throughout the Northern Cape and Karoo, farmlands have been taken over by thousands of invasive thorn trees known as Mesquite (*Prosopis glandulosa*). While the trees are commonly regarded as a nuisance, at MannaBrew, we have discovered the secret of Mesquite.

The seedpods of these trees are classified as a superfood due to their rich nutrient content. We aim to help stop the spread of the invasive Mesquite tree while utilizing the seedpods to the fullest.



*"MannaBrew has completely replaced my coffee habit. I love the taste, and it doesn't leave me feeling jittery!"*

– Sarah M.

*"A perfect drink for my family. My kids love it, and I feel great knowing it's healthy!"*

– John D.



## Health Benefits of MannaBrew

MannaBrew offers a range of health benefits due to its unique nutritional profile and natural properties. Some the key health benefits associated with MannaBrew include:

### Low Glycemic Index

Mesquite is known for its low glycemic index, making it a good alternative those managing blood sugar levels, including diabetics. It helps avoid spikes in blood sugar, providing sustained energy release.

### High in Fiber

MannaBrew is rich in dietary fiber, which supports healthy digestion, promotes regular bowel movements, and helps maintain a feeling of fullness, which can aid weight management.

### Gluten-Free and Caffeine-Free

MannaBrew is naturally gluten-and caffeine-free, making it an excellent alternative for those with gluten sensitivities or who want to reduce caffeine intake.



## Pre-biotic Effect

The fiber in mesquite pods can act as a prebiotic, feeding beneficial gut bacteria and supporting a healthy gut microbiome, which is essential for digestion and immune function.

## Low Calorie

MannaBrew is low in calories, which makes it a good choice for those looking to enjoy a flavourful beverage without adding excess calories to their diet.



## MannaBrew Environmental Impact

MannaBrew is committed to sustainability and environmental stewardship. The harvesting of mesquite seedpods contributes to ecological balance by:

**Combating Invasive Species:** Mesquite trees can spread rapidly, disrupting local ecosystems. Controlled harvesting helps manage their growth and protect native flora.

**Reducing Carbon Footprint:** Unlike conventional coffee farming, mesquite trees require no irrigation, fertilizers, or pesticides, making MannaBrew an environmentally friendly choice.

## Stopping the Spread

Each 226g box of MannaBrew contains an average of 75 Mesquite seedpods which adds up to about 1125 seeds.

Research indicates that an average of 35% of these seeds germinates within the first year. This means that each box of MannaBrew has the potential to prevent another 393 new trees from invading valuable farmland over the next year and the number grows exponentially from there as each tree produces more seed.







## Social Impact & Job Creation

At MannaBrew, we believe in giving back to the community. Our operations create job opportunities and empower local economies by:

**Supporting Rural Communities:** We partner with farmers and harvesters in underprivileged areas, providing fair wages and sustainable employment.



Currently about one thousand people are involved each year during the harvesting process. Every bit helps as the unemployment rate in the Northern Cape where the Mesquite seedpods are harvested is currently at 40%.



With every sip of MannaBrew, you are not only enjoying a healthy and delicious boost of energy, but also helping to conserve the ecology of the Northern Cape while making a difference in the lives of thousands of locals.

## How to Brew

Try our delicious coffee alternative with a bit of milk or cream for truly yummy drink, take it black for a more coffee-like experience.

One box (226g / 8 oz) of MannaBrew can make up to 28 cups (250ml) and +/-8g of MannaBrew (1 level scoop) is enough for the perfect cup of healthy goodness.

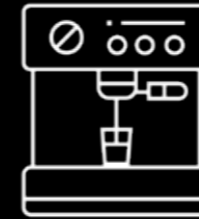
MannaBrew is also available in sachet format, simply add boiled water for a convenient cup of comfort!

Brews like Coffee  
*Tastes like Heaven*





## Methods



### Espresso

Fill the portafilter basket halfway (1 levelled scoop per cup), tamp down lightly, and extract espresso as normal (Not for use in automatic machines).



### Moka Pot

Fill basket halfway, place on medium-high heat, and allow to percolate.



### French Press

Use 1 level scoop per cup (According to size of the French press).



### Filter

Use 1 level scoop per cup (According to number of cups to be made).

Visit [www.mannabrew.com](http://www.mannabrew.com)

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## Certification

### Why organic certification?

Having MannaBrew certified organic creates peace of mind.

### No artificial chemicals

Mesquite coffee is made with wild harvested, organic Mesquite seed pods which were not treated with fertilizers, pesticides or added chemicals.

### FSSC 22000 v5.1 Certified

This means the highest Food Safety and Security Processes are followed to guarantee the best quality and safety for you.

The FSSC Certification also provides the end user with peace of mind regarding the traceability of the product.







[www.mannabrew.com](http://www.mannabrew.com)