

THE NOURISHED ROOTS JOURNAL



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Ingredient Literacy

*Why your nut butter separates — and why that's a good
thing.*

The Nourished Roots

GOODNESS WITHIN

By Pooja Kothari

Founder & Curator, The Nourished Roots

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 OPENING NOTE

Somewhere along the way, we started believing that “perfectly smooth” meant “better.”

Nut butters are a staple of the wellness world. But many commercial spreads today prioritise shelf stability and convenience over simplicity.

*“Natural nut and seed butters
are supposed to separate.”*

The Illusion of Smoothness

To achieve a “no-stir” consistency, many manufacturers add stabilisers such as palm oil or hydrogenated fats.

These ingredients help maintain a uniform texture and prevent the natural oils from separating — but they also make the product far more processed than it appears.



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*That layer of oil on top isn't a
defect.*

*It's proof that the natural oils
remain intact.*

Ingredient Literacy

At The Nourished Roots, our philosophy is rooted in Ingredient Literacy – minimising the distance between the farm and your jar.

This is why we are introducing our small-batch, minimally processed collection:

- Peanut Butter
- Almond Butter
- Sesame Butter (Tahini)

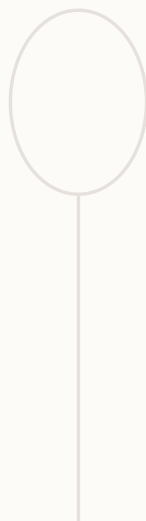
What You Won't Find Inside

- No palm oil or hydrogenated fats
- No stabilisers
- No refined sugar
- No emulsifiers
- No unnecessary additives

Just real ingredients, stone-ground with patience.

“

*Our butters may ask for a quick
stir
and a little care.
To us, that is exactly the point.*



*“Clean eating isn't about perfect
texture —
it's about trustworthy,
transparent food.”*

Pooja Kothari

Founder & Curator, The Nourished Roots

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Thank you for reading.

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