# Noorish Content & SEO Blueprint

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## Home

Focus Keyword: Noorish Foods

Secondary Keywords: Shop Superfoods, Superfoods in Canada

Meta Title: Noorish Foods

**Meta Description**:

[Current Promo Banner] Free Canadian Shipping over \$120 with FREESHIP120

[Logo] Shop Superfoods About Where to Buy Noorishment Contact

[Banner]

H1: Noorish Foods
Nourishing Superfoods
Packaged in Canada

H2: Energy By Day, Calm By Night

[Clickable Cocoa Sun Lifestyle Portrait Shape Image/Graphic with Daytime Theme Elements]

[Clickable Cocoa Moon Lifestyle Portrait Shape Image/Graphic with Nighttime Theme Elements]

**H2: For a Complete Daily Ritual** 

[Wide Clickable Bundle Graphic]

2% of profits from each Cocoa Sun Ritual, Cocoa Moon Ritual and Ritual Bundle go towards wildlife conservation, nature conservancy and wildlife rehabilitation organizations.

H2: Also Available In Stores!					
Logo	Logo	Logo	Logo	Logo	Logo
[Find Noorish Near Me]					

H2: Meanwhile, On Instagram

[Horizontal Instagram Feed Widget]

[Footer]
[Incl. Newsletter Sub]

## Shop

Focus Keyword: Shop Noorish Foods

Secondary Keywords: Shop Superfoods, Buy Superfoods

Meta Title: Shop Superfoods | Noorish Foods

**Meta Description**:

Slug: /shop

[Image BG]

**H1: Shop Noorish Foods** 

Nourishing Superfoods For All Ages

[Image]	[Image]	[Image]	[Image]
[Product]	[Product]	[Product]	[Product]
[Price]	[Price]	[Price]	[Price]
[Image]			
[Product]			
[Price]			

## [Skinny Banner-Type Graphic for Recipes]

**H2: Nourishing Your Feed** 

[Horizontal Instagram Feed Widget]

[Footer]
[Incl. Newsletter Sub]

## Cocoa Sun Ritual Adaptogenic Sipping Chocolate

Focus Keyword: Adaptogenic Sipping Chocolate

Secondary Keywords: Cocoa Sun Ritual

Meta Title: Cocoa Sun Ritual Adaptogenic Sipping Chocolate | Noorish Foods

Meta Description: Slug: /cocoa-sun-ritual

H1: Cocoa Sun Ritual
Post-Heading: Adaptogenic Sipping Chocolate
[Price] [ (\_.\_\_ per drink) ] - Reviews
(anchor-hyperlinked to reviews below)

Your morning ritual just got better with a natural sipping chocolate expertly crafted to elevate your focus, energy, and immunity.

## **H2: Energize & Elevate Your Morning**

Our ceremonial grade cocoa cultivated in Peru blends perfectly with five adaptogenic mushrooms and superfoods, to help you rise like the sun.

Harness the power of functional foods to increase your life-force and vitality in a sustained way throughout your day.

Nourishing and enjoyable for all ages.

Plus, 2% of profits from each Cocoa Sun Ritual, Cocoa Moon Ritual and Ritual Bundle go towards wildlife conservation, nature conservancy and wildlife rehabilitation organizations. [Image]

[lcon] H3: Non-GMO	[lcon] H3: Vegan	[lcon] H3: Gluten-Free	[Icon] H3: Nut-Free	[Icon] H3: Soy-Free	[lcon] H3: Fair Trade
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## **H3: Ingredients**

Organic Peruvian cocoa, organic coconut sugar, reishi, lion's mane, cordyceps, organic maca, organic cinnamon, organic coconut milk powder, organic monk fruit sweetener, sea salt.

## **H2: How to Enjoy**

Enjoy this lush brew as creamy hot chocolate in milk, or infuse it in your coffee for a rich mocha latte experience. Alternatively, use this nourishing blend whenever a revitalizing pick-me-up is in order.

#### **H2: Featured Recipes**

[Image]	[Image]	[Image]
Recipe Name	Recipe Name	Recipe Name
[Button: Get the Recipe]	[Button: Get the Recipe]	[Button: Get the Recipe]
	-	

# [View More] H2: Reviews [Widget]

## **H2: Frequently Asked Questions**

#### Cocoa Sun Ritual

## What sets Cocoa Rituals apart? [Expand]

- We have 10:1 potency dual-extracted mushroom extracts. These are highly concentrated therapeutic grade sources of mushroom extracts.
- Extracts dissolve seamlessly as they were originally steam extracted and therefore melt perfectly into hot drinks while still retaining their potent value of polysaccharides (beta-glucans), anti-oxidants and general healing properties.
- We source a ceremonial grade of organic cacao cultivated in the high Peruvian Andes. This Cocoa has a smoother taste and a rich array of minerals.
- We are a low-glycemic product, sweetened without the use of cane sugar (coconut sugar instead)
- We are Kosher, Gluten-Free and Organic Certified
- We are a Buy BC local brand.
- Our ethics and standards are for people and the planet.

# Is Cocoa Ritual just hot chocolate with mushroom extracts? [Expand]

In a way, yes you could say that our Cocoa Ritual is the most luxurious rich hot chocolate anyone in the family can enjoy, however because we use an organic ceremonial grade Peruvian grown cocoa, alongside many other premium organic ingredients, we refer to our hot chocolate lovingly as an adaptogenic sipping chocolate, that can also be used as a mocha latte mix.

## How are your Cocoa Ritual products sweetened? [Expand]

Our Cocoa Ritual blends blends are sweetened naturally with organic coconut sugar and organic erythritol monkfruit sweetener, making this product low-glycemic in nature. We believe in providing a wholesome and delicious experience for the whole family, without the added sugar.

Erythritol is considered a zero-calorie sweetener and is also considered a sugar alcohol, even thought it has no sugar and no alcohol! Erythritol occurs naturally with the fermentation of fructose (fruit sugar). Some studies show that if consumed in large quantity, Erythritol may cause digestive problems or have laxative effect. The amount in one tablespoon of Cocoa Ritual is about 0.5g, which is well below safe daily consumption levels (15-20g is considered a safe regular daily consumption level).

#### **How do I prepare Cocoa Ritual? [Expand]**

It's simple! Just mix one heaping tablespoon with your favorite hot milk alternative, or coffee to make a delicious mocha latte. Blend or froth and enjoy! Detailed instructions can be found on each product's packaging.

## Shipping, Returns & Exchanges

## Do you ship internationally? [Expand]

Yes, we offer international shipping. Shipping costs and delivery times may vary depending on the destination. Please check our shipping policy or contact us directly for more details.

# Can I return or exchange my purchase if I'm not satisfied? [Expand]

We want you to be completely satisfied with your purchase. If you have any issues with your order, please contact our customer service within 14 days of receiving your products. We'll do our best to find a solution, whether it's a replacement, exchange, or refund.

## I have a question that's not covered here. How can I get in touch?

Feel free to reach out to our customer service team through our <u>contact us</u> page. We're here to assist you with any additional questions you may have.

## Cocoa Moon Ritual Adaptogenic Sipping Chocolate

Focus Keyword: Adaptogenic Chocolate
Secondary Keywords: Cocoa Moon Ritual

Meta Title: Cocoa Moon Ritual Adaptogenic Sipping Chocolate | Noorish Foods

Meta Description: Slug: /cocoa-moon-ritual

[Image]

H1: Cocoa Moon Ritual

Post-Heading: Adaptogenic Sipping Chocolate

[Price] [ (\_.\_\_ per drink) ] - <u>Reviews</u> (anchor-hyperlinked to reviews below)

## **H2: For Evening Calm & Restoration**

This sublime sipping chocolate is expertly crafted as a restorative ritual to regulate your stress levels, ease anxiety, and guide you into a reset cycle that is as gentle as the moon's reflection in water.

An organic ceremonial grade Criollo cocoa cultivated in Peru blends perfectly with five adaptogenic mushrooms and superherbs to naturally enhance your mood for the calm sweet finish you've been waiting for all day.

Nourishing and enjoyable for all ages.

Plus, 2% of profits from each Cocoa Sun Ritual,
Cocoa Moon Ritual and Ritual Bundle go
towards wildlife conservation, nature
conservancy and wildlife rehabilitation
organizations

[Photo]

[lcon] [lcon] [lcon] H3: Vegan H3: Non-GMO Gluten-Free	[Icon] H3: Nut-Free	[lcon] H3: Soy-Free	[lcon] H3: Fair Trade
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#### **H2: Ingredients**

Organic Peruvian cocoa powder, organic coconut sugar, chaga mushroom extract, reishi mushroom extract, lion's mane mushroom extract, organic moringa powder, organic ashwagandha powder, organic coconut milk powder, organic monk fruit erythritol sweetener, sea salt.

#### H2: How to Enjoy

Prepare this brew in hot milk, for a rich and deeply nourishing pause whenever you need it most.

## **H2: Featured Recipes**

## [View More]

#### **H2: Reviews**

[Widget]

## **H2: Frequently Asked Questions**

#### **Cocoa Moon Ritual**

## What sets Cocoa Rituals apart? [Expand]

- We have 10:1 potency dual-extracted mushroom extracts. These are highly concentrated therapeutic grade sources of mushroom extracts.
- Extracts dissolve seamlessly as they were originally steam extracted and therefore melt perfectly into hot drinks while still retaining their potent value of polysaccharides (beta-glucans), anti-oxidants and general healing properties.
- We source a ceremonial grade of organic cacao cultivated in the high Peruvian Andes. This Cocoa has a smoother taste and a rich array of minerals.
- We are a low-glycemic product, sweetened without the use of cane sugar (coconut sugar instead)
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Is Cocoa Ritual just hot chocolate with mushroom extracts? [Expand]

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## Adaptogenic Sipping Chocolate Bundle

Focus Keyword: Adaptogenic Sipping Chocolate Bundle Secondary Keywords: Cocoa Moon Ritual, Cocoa Sun Ritual

Meta Title: Adaptogenic Sipping Chocolate Bundle | Noorish Foods

**Meta Description**:

Slug: /adaptogenic-sipping-chocolate-bundle

[Image]	H1:Adaptogenic Sipping Chocolate Bundle Post-Heading: Cocoa Sun + Cocoa Moon = A Complete Ritual [Price] [ ( per drink) ] - Reviews (anchor-hyperlinked to reviews below)
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H2: Energize Your Morning & Reset By Evening	
240111119	

Kickstart your day with radiant energy inside and out as our Cocoa Sun Ritual elevates your day with added focus, energy and immunity support.

Then, indulge in Cocoa Moon Ritual as a restorative PM practice that allows you to regulate any stress, ease anxiety and guide you into a state of reset and soon-to-be sleep.

Nourishing and enjoyable for all ages.

Plus, 2% of profits from each Cocoa Sun Ritual,
Cocoa Moon Ritual and Ritual Bundle go
towards wildlife conservation, nature
conservancy and wildlife rehabilitation
organizations

[Photo]

## **H3: Ingredients**

**Cocoa Sun Ritual**: Organic Peruvian cocoa, organic coconut sugar, reishi, lion's mane, cordyceps, organic maca, organic cinnamon, organic coconut milk powder, organic monk fruit sweetener, sea salt.

**Cocoa Moon Ritual**: Organic Peruvian cocoa powder, organic coconut sugar, chaga mushroom extract, reishi mushroom extract, lion's mane mushroom extract, organic moringa powder, organic ashwagandha powder, organic coconut milk powder, organic monk fruit erythritol sweetener, sea salt.

#### **H2: How to Enjoy**

**Cocoa Sun Ritual:** Enjoy this lush brew as creamy hot chocolate in milk, or infuse it in your coffee for a rich mocha latte experience. Alternatively, use this nourishing blend whenever a revitalizing pick-me-up is in order.

Cocoa Moon Ritual: Prepare this brew in hot milk, for a rich and deeply nourishing pause when you need it most.

## **H2: Featured Recipes**

[Image] [Image]	[Image]
-----------------	---------

Recipe Name [Button: Get the Recipe]		Recipe Name [Button: Get the Recipe]	Recipe Name [Button: Get the Recipe]			
	[View More]					
	H2: Reviews					

## **H2: Frequently Asked Questions**

[Widget]

# Cocoa Ritual What sets Cocoa Rituals apart? [Expand]

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# Is Cocoa Ritual just hot chocolate with mushroom extracts? [Expand]

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## **How do I prepare Cocoa Ritual? [Expand]**

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	and enjoy! Detailed instructions can be found on each product's packaging.
Shipping, Returns & Exchanges	Do you ship internationally? [Expand]
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	Can I return or exchange my purchase if I'm not satisfied? [Expand]
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## Sunshine in a Cup Spiced Immunity Honey

Focus Keyword: Spiced Immunity Honey Secondary Keywords: Sunshine in a Cup

Meta Title: Sunshine in a Cup Spiced Immunity Honey | Noorish Foods

Meta Description:

**Slug**: /spiced-immunity-honey

[Image]	H1: Sunshine in a Cup	
	Post-Heading: Spiced Immunity Honey [Price] [ ( per drink) ] - Reviews	

		Raw honey while to boost your im	pped with all the essential spices nmunity and lower inflammation the benefits of thousands of dic goodness.	
H2: How to Enjoy  Add a teaspoon to hot water or milk and create your own golden milk!		[Image]		
[lcon] H3: Gluten-Free	[Icon] H3: Nut-Free			
H3: Ingredients  Raw honey, organic goji berry extract, organic turmeric, organic cinnamon, organic cardamom, organic ginger, organic clove, organic nutmeg, organic cayenne, organic black pepper.				
	H2: Featu	red Recipes		
[Image] Recipe Name [Button: Get the Rec	Recip	age] e Name et the Recipe]	[Image] Recipe Name [Button: Get the Recipe]	
[View More]				
H2: Reviews				
[Widget]				
H2: Frequently Asked Questions				

## Shipping, Returns & Exchanges

## Do you ship internationally? [Expand]

Yes, we offer international shipping. Shipping costs and delivery times may vary depending on the destination. Please check our shipping policy or contact us directly for more details.

# Can I return or exchange my purchase if I'm not satisfied? [Expand]

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## I have a question that's not covered here. How can I get in touch?

Feel free to reach out to our customer service team through our <u>contact us</u> page. We're here to assist you with any additional questions or concerns you may have.

## **Artist Illustrated Cards**

Focus Keyword: Artist Illustrated Cards Secondary Keywords: Jared Robinson

Meta Title: Artist Illustrated Foods | Noorish Foods

**Meta Description**:

Slug: /artist-illustrated-cards

H1: Artist Illustrated Cards Post-Heading:

[Price] [ (\_.\_\_ per drink) ] - <u>Reviews</u> (anchor-hyperlinked to reviews below)

Artwork designed by Edmonton-local artist Jared Robinson with lovely woodland characters

[Image Slides]

exclusively for Noorish Foods.

Cards are blank on the back.

Print Choice Quantity
[Dropdown] [Dropdown]

[Add to Cart]

## **About**

Focus Keyword: About Noorish Foods

Secondary Keywords:

Meta Title: About Noorish Foods Meta Description: Sheniz Wilkie

Slug: /about

## [Image BG]

**H1: About Noorish Foods** 

Learn about our history and profound commitment to High-quality food, wellness, community and the nourishment of both people and planet.

## **H2: Our Superfood-Fed Commitment**

We believe that earth's bounty needs to be preserved, stewarded and enjoyed so our relationship with the earth can heal and thrive again too. As part of that commitment, we only source organic, fairly-traded ingredients with farm practices that honour the ancient ways and actively use regenerative agricultural practices.

## **H2: Inclusivity in Health & Wellness**

We strive to make our blends inclusive to all; vegans, celiacs and those with many common allergies. Our products are **nut-free**, **soy-free**, **non-gmo**, **free** of **preservatives** and **egg-free**.

On top of this, we truly believe that we need to lower our cultural addiction to white sugar, so

[Image]

we only use **coconut sugar** and **erythritol-monkfruit sweetener**, which are more nourishing and lower on the glycemic index.

This is important to us, so that this blend can be enjoyed by the whole family, including budding minds that are studying and growing into amazing capable humans that will become the future stewards of this earth.

Noorish Foods also knows that we cannot exist without our connection to nature and the natural world. We commit **2% of our profits to nature conservancy and wildlife rehabilitation**. We acknowledge that we are part of a greater ecosystem that also deserves to thrive.

#### **H2: Meet Our Founder**

Meet Sheniz Wilkie, the Visionary Founder of Noorish Foods, a steward of nature, a passionate advocate of holistic well-being and a homesteading culinary artist. Sheniz carries a tapestry of experiences that have shaped the very essence of this company.

[Photo]

As an avid Permaculturist, Master Gardener and Meditator, Sheniz followed her passion for food through her connection to nature. In 2011, she started Noorish Conscious Eatery with her brother, an organic vegan restaurant and yoga studio; a place where food was a catalyst for health and community.

Alongside the restaurant, Noorish was also a thriving farm and yoga studio. It was through this journey that Sheniz discovered the profound impact that food can have on one's well-being, leading to the Noorish Foods superfood community retailer you're shopping today.

[Read More [Full Story in Blog Post]]

## **H2: Early Origins**

Noorish Foods was born from a rich history and decade-long obsession with finding the best source of high-quality premium ingredients to create inspiring plant-based recipes for our vegan organic restaurant. From 2011 to 2019 Noorish Conscious Eatery, was a brick-and-mortar restaurant, yoga studio, superfood store, farm and community hub. We grew our own vegetables, sourced the best superfoods, and made divine elixirs, desserts and plates of art that inspired a new generation of foodies in Edmonton, Alberta.

[Photo]

In 2019 Noorish Foods evolved just in time for the pandemic to globally alter the course of our lives. We knew we had our hands on some very special recipes that could help people rebuild their immunity, restore their mental health, and find a way to thrive once again. We couldn't sit idle, so we began designing easy to use, nutrient-dense, better for you, hot chocolate mixes to support anxiety, immunity, stress and overall health.

Noorish Foods is an invitation to embrace the art of nourishing life, one cup of adaptogenic hot cocoa at a time. Each sip, a celebration of this vision and a taste of the abundant life that can be cultivated together with dedication and love.

**H2: See Why Canadians Love Noorish** 

[Button: Shop Our Superfoods]

## Where to Buy

Focus Keyword: Where to buy Noorish Foods

Secondary Keywords: Store locator, Noorish Foods wholesale

Meta Title: Where to Buy Noorish Foods

Meta Description: Slug: /where-to-buy

[Image BG]

H1: Where to Buy

#### **H2: Store Locator**

Find where to buy your favourite Noorish Foods in your neighbourhood or buy online here.

[Store Locator Map]

H2: Popular Locations					
Logo	Logo	Logo	Logo	Logo	Logo

## **H2: Interested in Noorish Wholesale?**

Get in touch with a member of our team about stocking any of our superfoods.

[Contact Form]

## Noorishment (Blog)

Focus Keyword: Secondary Keywords:

Meta Title: Additional Noorishment | Noorish Foods Recipes & Stories

**Meta Description:** 

Slug: /blog

[Image BG]

**H1: Noorishment** 

Superfood recipes, community stories & more

[DROPDOWN - Filter by Category]

H2: (Category Name #1: Ex. Recipes)

Post	Post	Post
1		

**Button: Read More** 

H2: (Category Name #2: Ex. Superfoods)

Post	Post Post	
		Button: Read More
H2: (Category Name #3: Ex	. In the Community (Misc.))	

**Button: Read More** 

## Contact

Focus Keyword: Contact Noorish Foods

Meta Title: Contact Us | Noorish Foods

Meta Description: Slug: /contact

[Image BG]

**H1: Contact Noorish Foods** 

	H2: Get in Touch
[Image]	For all inquiries, including product info, wholesale, partnerships, feedback and more, fill out the form below; we'd love to hear from you.
	Responses may be received within 24-48 hours.
	[Contact Form]