

DEVA NATURALS PRESS RELEASE

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## A TASTY TWIST OF INDIAN AND THAI FLAVORS

From Her Kitchen to Yours

(Burlington, VT) Nitti Sachdeva first began creating her recipes with Indian and Thai herbs and spices to feed her family healthy and delicious meals.

Today, she is feeding friends, neighbors and different parts of Vermont, her, Freeze dried Mangosteen, home made Fruit Chutneys, Indian and Thai herb & spice blend.

Lighter than air, derived from the pure exotic fruit, the Freeze-dried Mangosteen, is crispy, sweet and sour. It tastes like a candy due to its natural sweet and fruity flavor. It is a healthier alternative to sugary snacks at the same time packing far more fiber and micronutrients.

Dipped in chocolate, topped on yogurt, added to ice cream or eaten plain, it is unquestionably delicious. This fat-free snack derived from what is known as the "Queen of Fruits" has touted many of its antioxidants. In various studies, it is said to aid in treating cancer, heart disease, diabetes and Alzheimer's.

The creative Sachdeva wanted to find different options to include the Mangosteen and other fruits in her daily life. Her passion and creativity led her to her latest creations, the homemade Chutneys, made with Mangosteen, Peach or Berry Medley, with a unique twist of Indian spices. These flavor-wowing condiments have been featured at a recent Vermont State legislature conference, and now sold throughout Vermont in shops such as Sweet Clover Market, Healthy Living in South Burlington, Williston's Natural Provisions, and Candles and Creations, Chittenden Cider Mill & Upper Valley Coop.

Sachdeva has also held successful taste-tests at South Burlington's Sports & Fitness Edge.

"Healthy and delicious can go hand in hand," Sachdeva says adamantly with the backing of a Masters degree in Nutritional Science from the University of Michigan in Ann Arbor.

With plans to spread through other areas of Vermont and New Hampshire, she is determined to show New England how one little jar or tin, can pack a whole lot of flavor and can turn a simple meal "gourmet & party pleaser entrees " in minutes!

For more information click on <<http://www.devanaturals.com/>> <http://www.devanaturals.com/and> / or to schedule an interview, please contact Nitti Sachdeva at 802-310-7370.