

WINKLES NATURE'S TREAT FOODS

PRODUCT CATALOGUE & FLAVOUR GUIDE

Natural blends, practical guidance and better everyday cooking



Soup Mix



Curry Mix



Jollof & Stew Mix



Peppersoup Spice



Mixed Herbs



Oregano Twist



Suya Spice

Nature's secret in every blend

Flavour, thoughtfully formulated

At Winkles Nature's Treat Foods, we believe healthy cooking should never mean sacrificing flavour.

Our carefully formulated blends combine natural herbs and spices selected for their individual roles in building aroma, depth and balanced flavour. Each blend is thoughtfully created to help families prepare delicious meals while reducing their dependence on conventional bouillon cubes and artificial seasonings.

From everyday soups, rice and stews to proteins, peppersoup and suya, there is a Winkles blend designed to make cooking easier and every meal more memorable.

WHY CHOOSE WINKLES?

- Carefully formulated natural spice blends
- No MSG or artificial additives
- Rich, balanced flavour and aroma
- Convenient for everyday Nigerian cooking
- Available in 100g and 250g pouches

OUR COLLECTION

Seven blends. Countless possibilities.

Soup Mix

Authentic depth for every native soup

100g N4,000

250g N8,000

Curry Mix

Warm colour, balanced flavour, everyday versatility

100g N4,000

250g N8,000

Jollof & Stew Mix

Full-bodied flavour for memorable rice and stew

100g N4,000

250g N8,000

Peppersoup Spice

Traditional warmth in every comforting bowl

100g N4,000

250g N8,000

Mixed Herbs

An aromatic foundation for flavourful proteins

100g N4,000

250g N8,000

Oregano Twist

Herbaceous flavour with a distinctive twist

100g N4,000

250g N8,000

Suya Spice

Bold Nigerian yaji flavour at home

100g N4,000

250g N8,000

GENERAL GUIDE

About 2 tablespoons is suitable for a family-sized pot. Adjust according to the quantity of food and your preferred flavour intensity.

SIGNATURE BLEND

Soup Mix



Authentic depth for every native soup

A rich seasoning blend created to give native Nigerian soups their familiar depth and authentic homemade taste. Traditional local seasonings, seafood ingredients, herbs and warming spices come together in one convenient blend.

FLAVOUR & AROMA

Rich, savoury and deeply aromatic, with traditional fermented notes, natural seafood umami and gentle warmth.

BEST MEALS FOR IT

All native Nigerian soups, including Efo Riro, Edikang Ikong, Afang, Egusi, Ogbono, Banga, Ewedu, palm-oil stew (Omi Obe) and other traditional dishes. Also suitable for meat, fish and seafood stock.

HOW TO USE

Use about 2 tablespoons for a family-sized pot. Add some while cooking the protein or stock, then add the remainder with the main soup ingredients. Allow to simmer and taste before adding extra salt.

KEY INGREDIENTS

Locust beans (iru), ogiri, stockfish, prawns, crayfish, dried fish, idan, uziza seeds and leaves, country onions, coriander, fenugreek, ginger, garlic, onions, ehuru, Cameroon pepper, black pepper and sea salt.

ALLERGEN INFORMATION

Contains fish and shellfish.

100g N4,000 | 250g N8,000

SIGNATURE BLEND

Curry Mix



Warm colour, balanced flavour, everyday versatility

A carefully balanced curry blend made for Nigerian home cooking. It builds aroma, warmth and flavour without overpowering the natural character of your meal.

FLAVOUR & AROMA

Warm, earthy and aromatic, with gentle sweetness and a rounded savoury finish.

BEST MEALS FOR IT

Fried rice, jollof rice, stews, sauces, beans, yam or plantain porridge, vegetables, noodles and protein dishes.

HOW TO USE

Use about 2 tablespoons for a family-sized pot, or combine 1 tablespoon each of Curry Mix, Oregano Twist and Jollof & Stew Mix for rice, stew or sauce.

KEY INGREDIENTS

Turmeric, coriander, cumin, fenugreek, cloves, cinnamon, yellow mustard, black pepper, fennel, sea salt, ginger, garlic, onions and anise seed.

ALLERGEN INFORMATION

Contains mustard.

100g N4,000 | 250g N8,000

SIGNATURE BLEND

Jollof & Stew Mix



Full-bodied flavour for memorable rice and stew

A vibrant blend formulated to build the layered flavour, aroma and gentle warmth expected in well-prepared jollof rice and Nigerian stew.

FLAVOUR & AROMA

Savoury, warmly spiced and aromatic, with mild peppery heat and a rich finish.

BEST MEALS FOR IT

Jollof rice, stews, sauces, fried rice, beans, yam or plantain porridge and other tomato-based dishes.

HOW TO USE

Use about 2 tablespoons for a family-sized pot. When combining blends, use 1 tablespoon each of Jollof & Stew Mix, Curry Mix and Oregano Twist.

KEY INGREDIENTS

Coriander, fenugreek, fennel, nutmeg, bay leaf, allspice, ginger, paprika, saffron, cumin, garlic, onions, mustard, cayenne and sea salt.

ALLERGEN INFORMATION

Contains mustard.

100g N4,000 | 250g N8,000

SIGNATURE BLEND

Peppersoup Spice



Traditional warmth in every comforting bowl

A bold indigenous blend created for aromatic Nigerian peppersoup. It brings together traditional spices that deliver warmth, depth and an unmistakably authentic character.

FLAVOUR & AROMA

Deeply aromatic, earthy and warming, with a lively peppery finish.

BEST MEALS FOR IT

Goat meat, chicken, fish, assorted meat and seafood peppersoup; also useful for warming broths.

HOW TO USE

Use about 2 tablespoons for a family-sized pot. Add while the protein is cooking so the traditional spices can infuse the broth, then adjust to taste.

KEY INGREDIENTS

Ehuru, uziza seeds, gbafilo, alligator pepper, orima, uda, crayfish, country onions, idan, Cameroon pepper and sea salt.

ALLERGEN INFORMATION

Contains shellfish.

100g N4,000 | 250g N8,000

SIGNATURE BLEND

Mixed Herbs



An aromatic foundation for flavourful proteins

A versatile herb-forward blend formulated to season proteins and build a fragrant base for everyday meals.

FLAVOUR & AROMA

Fresh, herbaceous and savoury, with a clean aromatic finish.

BEST MEALS FOR IT

Chicken, turkey, beef, fish, stock, soups, sauces, rice and vegetables.

HOW TO USE

Use about 2 tablespoons for a family-sized pot. Add while boiling or marinating protein so the herbs have time to release their aroma and flavour.

KEY INGREDIENTS

Sage, parsley, mint, fennel, spring onions, rosemary, ginger, garlic, onions and sea salt.

ALLERGEN INFORMATION

No major allergen identified from the listed ingredients.

100g N4,000 | 250g N8,000

SIGNATURE BLEND

Oregano Twist



Herbaceous flavour with a distinctive twist

An oregano-based blend with complementary herbs and spices that adds character, aroma and savoury depth to familiar meals.

FLAVOUR & AROMA

Herbaceous, warm and gently earthy, with a fragrant savoury finish.

BEST MEALS FOR IT

Spaghetti, stews, jollof rice, fried rice, beans, yam or plantain porridge, sauces, vegetables and protein dishes.

HOW TO USE

Use about 2 tablespoons for a family-sized pot, or use 1 tablespoon each with Curry Mix and Jollof & Stew Mix for rice, stew or sauce.

KEY INGREDIENTS

Oregano, rosemary, allspice, mustard, fennel, turmeric, ginger, garlic, onions and sea salt.

ALLERGEN INFORMATION

Contains mustard.

100g N4,000 | 250g N8,000

SIGNATURE BLEND

Suya Spice



Bold Nigerian yaji flavour at home

A savoury, nutty and peppery spice blend created to deliver the unmistakable taste and aroma of authentic Nigerian suya.

FLAVOUR & AROMA

Nutty, smoky, aromatic and warmly spicy, with a lingering peppery finish.

BEST MEALS FOR IT

Beef, chicken, turkey, fish, gizzard, grilled vegetables and other barbecue favourites.

HOW TO USE

Use about 2 tablespoons to season a family-sized quantity of protein. Coat evenly before grilling or roasting, and adjust according to quantity and preferred heat level.

KEY INGREDIENTS

Peanut, ehuru, idan, cinnamon, cumin, country onions, cayenne pepper and sea salt.

ALLERGEN INFORMATION

Contains peanuts.

100g N4,000 | 250g N8,000

The flavour-building trio

For a balanced family-sized pot of stew, jollof rice or sauce, combine these three complementary blends:

Curry Mix

1 tablespoon

Warmth and balanced colour

Jollof & Stew Mix

1 tablespoon

Richness, depth and gentle heat

Oregano Twist

1 tablespoon

Herbaceous aroma and savoury lift

COOKING NOTE

Allow the blends to cook properly with the food so their flavours can develop. Taste before adding extra salt or seasoning.

Flavour-building essentials

Small changes in technique can help natural herbs and spices deliver deeper, more balanced flavour.

HOW TO BUILD A RICH STOCK

1. Season your chicken, beef, fish or other protein with Mixed Herbs and your preferred Winkles blend.
2. Place it in the pot with sliced onions and any fresh aromatics you enjoy. Start with little or no water.
3. Cover and cook gently so the protein releases its own juices and absorbs the seasoning.
4. Add water gradually only when needed. Avoid flooding the pot, as too much water can dilute the flavour.
5. Cook until the protein is tender, then use the concentrated liquid as the flavour foundation for your soup, rice, stew or sauce.

BLOOM YOUR ONIONS AND SPICES

Blooming briefly releases the aromatic compounds in onions and spices, helping them blend more fully into stew, jollof rice and sauces.

1. Heat your cooking oil over medium heat and add sliced or chopped onions.
2. Cook gently until the onions soften and become fragrant; do not burn them.
3. Reduce the heat. Add 1 tablespoon each of Curry Mix, Jollof & Stew Mix and Oregano Twist for a family-sized pot.
4. Stir continuously for about 20-30 seconds, just until aromatic.
5. Immediately add your tomato, pepper or stew base and continue cooking.

Keep the heat moderate: spices become bitter when scorched.

A simple marinating guide

Marinating gives seasoning time to move beyond the surface, creating protein that is aromatic and flavourful in every bite.

THE BASIC METHOD

1. Pat the chicken, beef or fish dry with a clean paper towel so the marinade can cling properly.
2. Combine your chosen Winkles blend with a little oil. Add fresh ginger, garlic or onion if desired.
3. Coat the protein evenly. For larger pieces, make a few shallow cuts so the seasoning reaches deeper.
4. Cover and refrigerate while it marinates. Never leave raw protein marinating at room temperature.
5. Remove from the refrigerator shortly before cooking, then grill, roast, fry or cook as desired.

SUGGESTED MARINATING TIMES

Fish

20-30 minutes

Delicate flesh needs only a short marinating time.

Chicken

2-12 hours

Allow enough time for larger pieces to absorb flavour.

Beef

2-24 hours

Longer marinating suits tougher or thicker cuts.

FOOD-SAFETY NOTE Discard marinade that has touched raw protein, or boil it thoroughly before using it as a sauce. Keep marinating food refrigerated.

What our customers are saying

“

All your spice blends are so good and flavourful. The Jollof Mix was lovely, the Curry made our beans come out really nice, and the Soup Mix tasted so rich, natural and traditional.

Mr Prosper

“

Your products are top-notch. I cannot stop introducing them to people around me. It is a 10/10.

Mummy Ara

“

I have tried many spices before, but this one honestly stands out. The aroma alone is enough to make your mouth water, and the taste is irresistible. The flavour feels rich, fresh and authentic.

Anthonia GT

What our customers are saying

“

The main reason I buy these spices is to reduce bouillon cubes, and they serve that purpose beautifully.

Emilia Okon

“

I had the most delicious peppersoup. From the moment I started cooking, I knew it was going to be special. The aroma filled my whole house, and it tasted so delicious and aromatic. I also love using the Jollof Mix and Curry for stew; they give it a unique flavour.

Mrs Grace

READY TO TRANSFORM YOUR EVERYDAY MEALS?

Choose your blends and place your order today.

ORDER & ENQUIRIES

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Nature's secret in every blend