MISO MASTER®
Organic Miso
the finest miso in the world!

Varieties & Uses

Light, Short Term Misos
(aged 15 - 30 days)

MISO MASTER®
Organic Mellow White Miso
Organic Sweet White Miso
Organic Chickpea Miso
(soy-free!)

- perfect for sauces, dips, & salad dressings
- higher in simple sugars & friendly lactobacillus bacteria than long-term misos
- helps to alkalinate the blood and promote health and stamina
- twice as much niacin as long-term misos
- lower salt content than long-term misos

Dark, Long Term Misos
(aged 1-2 years)

MISO MASTER®
Organic Brown Rice Miso
Organic Traditional Red Miso
Organic Country Barley Miso

- use for heartier soups, beans, baked dishes, vegetable stews, and marinades.
- fermented naturally for one to two years
- higher in protein, essential fatty acids, isoflavones, and antioxidants than lighter short-term misos
- salty, robust flavor