

# SATYA

## Satya Spices Launches: Mother-Daughter Chef Duo Brings Indian Flavor Home

**New York, New York, July 2025** — Satya, a bold new spice brand, simplifies Indian cooking with clean, flavorful blends. Created by mother-daughter chefs Rama Ginde and Anita Lulla, Satya offers authentic Indian spice blends for approachable, quick, and delicious global meals.

"We created Satya to bring the soul of Indian cooking into everyday kitchens—without the complexity or compromise," says co-founder Chef Rama Ginde.

Co-founder Chef Anita Lulla adds, "Our blends are inspired by generations of flavors. We're proud to share our story, our spices, and give back to India, our roots."

### What Sets Satya Apart

- **Mother-Daughter Chef Roots** – Family recipes, culinary precision, cultural pride.
- **Authentic Indian Blends** – Regional Indian flavor profiles.
- **Clean Ingredients** – No MSG, Non-GMO, Gluten-Free, small-batch made in India.
- **Purpose-Driven** – Portion of sales feeds poor families in India.
- **Weeknight Simplicity** – Cook Indian dishes in under 20 minutes, no experience needed.

### Where to Find Satya

Available at HomeGoods, Westside Market, Garden of Eden Gourmet, select independent and specialty retailers, and online at [www.satyablends.com](http://www.satyablends.com) and Amazon.


### Signature Blends Include:


- **Tikka Taaza** – Tangy, tomato-forward blend for tikka masala, wraps, and grilled favorites.
- **Cilantro Chutney** – Zesty green blend for dips, marinades, and roasted veggies.
- **Everything Indian** – Savory, all-purpose masala for eggs, rice, lentils, and more.

### Flavor With Purpose

Satya is more than a spice company; it's a bridge between cultures. Every purchase supports food access programs for underprivileged families in India.

### **About the Founders**

 **Chef Anita Lulla** was raised in Mumbai, India, learning to cook from her mother and grandmother. A Certified Health Coach and Plant-Based Chef, she holds a BBA from Baruch College and was a fashion designer. "Watching Rama evolve into a professional chef has been one of my greatest joys," she shares.

 **Chef Rama Ginde**, Anita's daughter, is a professionally trained chef and culinary educator. With a Bachelor's in Culinary Arts Management from The Culinary Institute of America, she's a private chef, instructor, and featured in The New York Times and Food Network's CHOPPED. "Cooking was never just about the food," says Rama. "It was about soaking in our heritage, honoring our ancestors, and feeding our souls."

Together, Anita and Rama bring decades of intergenerational knowledge, flavor experimentation, and a shared mission to make Indian cooking accessible, nourishing, and joyful for all.

### **Follow the Flavor:**

Instagram: @satyablends

Website: [www.satyablends.com](http://www.satyablends.com)

Press inquiries: [cheframa@satyablends.com](mailto:cheframa@satyablends.com)

### **About Satya**

Satya is a woman-owned, Indian-inspired spice brand by a mother-daughter chef team. Offering bold flavor, clean ingredients, and approachable recipes, Satya makes Indian cooking easier while giving back to its inspiring communities.