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1. Alphonso Mango - The King of Mangoes

Alphonso Mango Overview: Alphonso Mangoes, often called the "*King of Mangoes*," are prized for their deep golden color, rich creamy texture, and unparalleled sweetness. The smooth, aromatic pulp makes it a perfect ingredient for beverages, desserts, ice creams, and jams.

Nutritional Benefits of Alphonso Mango:

- **Rich in Vitamins A, C, and E:** Boosts immunity, promotes skin health, and supports collagen formation.
- **High in Antioxidants:** Fights free radicals and reduces oxidative stress.
- **Dietary Fiber:** Aids digestion and promotes a healthy gut.
- **Minerals:** Contains potassium and magnesium, supporting blood pressure, muscle, and nerve health.
- **Low in Fat and Cholesterol-Free:** A healthy option for weight-conscious individuals.

Alphonso Mango Uses:

- **Beverages:** Perfect for mango juices, smoothies, cocktails, and nectars.
- **Desserts:** Ideal for ice creams, milkshakes, sorbets, and puddings.
- **Bakery:** Adds natural sweetness to cakes, pastries, and pies.
- **Sauces & Jams:** A base for chutneys, sauces, and fruit preserves.
- **Frozen Treats:** Perfect for popsicles and other frozen desserts.

2. Totapuri Mango - A Tangy Delight

Totapuri Mango Overview: Totapuri Mangoes stand out for their vibrant yellow color and distinct tangy taste. Their balanced sweet and sour flavor makes them perfect for juices, nectars, smoothies, and sauces.

Nutritional Benefits of Totapuri Mango:

- **Vitamins A & C:** Supports immunity, skin, and vision health.
- **High in Antioxidants:** Reduces oxidative stress and combats free radicals.
- **Good Source of Fiber:** Promotes digestive health.
- **Natural Energy Booster:** Provides quick energy from natural sugars.
- **Low in Fat & Cholesterol-Free:** Supports a healthy lifestyle.
- **Hydrating & Refreshing:** High water content for hydration.

Totapuri Mango Uses:

- **Beverages:** Used in juices, smoothies, and health drinks.
- **Ice Creams & Desserts:** Adds a tangy flavor to frozen treats.
- **Bakery Products:** Ideal for cakes, pastries, and tropical fillings.
- **Dairy Products:** Perfect for lassis, yogurts, and flavored milk.
- **Sauces & Chutneys:** Used to create flavorful, tangy condiments.

3. Kesar Mango - Sweet, Fragrant, and Nutritious

Kesar Mango Overview: Known for its saffron-like color and fragrant aroma, *Kesar Mangoes* are celebrated for their sweet flavor and pulpy texture, making them ideal for desserts, juices, and ice creams.

Nutritional Benefits of Kesar Mango:

- **Vitamin C:** Boosts immunity and promotes healthy skin.
- **Vitamin A:** Supports eye health and improves skin quality.
- **Good Source of Fiber:** Aids digestion and supports gut health.
- **Natural Energy Booster:** Quick energy from natural sugars.

- **Heart-Healthy Potassium:** Regulates blood pressure and supports heart health.
- **Low in Fat & Cholesterol-Free:** Ideal for weight management.

Kesar Mango Uses:

- **Beverages:** Mango shakes, smoothies, and cocktails.
- **Desserts:** Ideal for ice creams, puddings, and sorbets.
- **Bakery Products:** Adds mango flavor to cakes, muffins, and tarts.
- **Dairy Industry:** Used in flavored milk and yogurt products.
- **Confectionery:** Perfect for candies, jams, and jellies.

4. Guava (Pink & White) - A Nutrient Powerhouse

Guava Overview: Our guava pulp comes in two varieties: **White Guava** with its delicate, mildly sweet flavor and **Pink Guava**, which offers a fruitier, tropical taste. Both are perfect for juices, smoothies, jams, and desserts.

Nutritional Benefits of Guava:

- **Rich in Vitamin A & C:** Promotes healthy vision, skin, and boosts immunity.
- **High in Fiber:** Supports digestion and gut health.
- **Potassium:** Helps regulate blood pressure.
- **Supports Blood Sugar Control:** Low Glycemic Index, making it diabetic-friendly.

Guava Uses:

- **Beverages:** Juices, smoothies, and nectars.
- **Desserts:** Sorbets, ice creams, and puddings.
- **Bakery Products:** Cakes, pastries, muffins, and tropical tarts.
- **Dairy Industry:** Flavored milkshakes and yogurt-based products.
- **Confectionery:** Candies, fruit bars, jams, and jellies.

5. Sapota (Chikku) - A Sweet & Nutritious Delight

Sapota Overview: Also known as *Chikku*, Sapota has a rich, malty flavor and soft, grainy texture. Perfect for milkshakes, smoothies, and desserts, it's naturally sweet and packed with nutrients.

Nutritional Benefits of Sapota:

- **Natural Sugars:** Provides instant energy, ideal for athletes.
- **High in Fiber:** Promotes digestion and prevents constipation.
- **Vitamins A & C:** Boost immunity and improve skin health.

- **Rich in Iron, Folate, Potassium & Magnesium:** Supports blood circulation, regulates blood pressure, and supports heart health.

Sapota Uses:

- **Beverages:** Health drinks, smoothies, and milkshakes.
- **Desserts:** Ice creams, puddings, and fruit-based sweets.
- **Bakery Products:** Cakes, pastries, and muffins.
- **Dairy Industry:** Flavored milkshakes and yogurt products.
- **Confectionery:** Fruit bars, candies, jams, and jellies.

6. Jackfruit - A Tropical Delight

Jackfruit Overview: Jackfruit, with its tropical sweet taste and fibrous texture, is used in jams, smoothies, candies, and traditional desserts. Its rich flavor and nutritional benefits make it a great choice for many culinary applications.

Nutritional Benefits of Jackfruit:

- **Rich in Vitamins & Minerals:** A great source of vitamin C, A, potassium, magnesium, and calcium.
- **High in Fiber:** Supports digestion, promotes satiety, and regulates blood sugar.
- **Antioxidants:** Fights oxidative stress and may reduce inflammation.
- **Low in Fat:** A healthy, low-fat option for a balanced diet.

Jackfruit Uses:

- **Beverages:** Health juices, smoothies, and cocktails.
- **Desserts:** Ice creams, parfaits, and puddings.
- **Bakery Products:** Cakes, pastries, muffins, and tarts.
- **Dairy Industry:** Flavored milkshakes and yogurt products.
- **Confectionery:** Jams, jellies, and fruit preserves.

7. Pineapple - Sweet, Tangy, and Refreshing

Pineapple Overview: Extracted from ripe pineapples, our pineapple pulp offers a tangy and sweet flavor with a refreshing aroma, perfect for juices, sauces, ice creams, and bakery products.

Nutritional Benefits of Pineapple:

- **Vitamins A & C:** Support immunity and skin health.
- **High in Antioxidants:** Fights free radicals and reduces oxidative stress.
- **Good Source of Fiber:** Aids digestion and promotes overall health.

Pineapple Uses:

- **Culinary:** Fresh, in juices, smoothies, salads, and desserts.
- **Beverages:** Tropical cocktails and fermented drinks like Tepache.
- **Beauty:** Used in exfoliating face masks and hair care products.
- **Cleaning:** Bromelain enzyme helps clean stains and tenderize meat.

Our Premium Vegetables: Fresh, Flavorful, and Nutrient-Rich

1. Gherkins - A Tangy Delight

Gherkins Overview: Gherkins, a type of small cucumber, are known for their tangy flavor and crisp texture. Perfect for pickling, gherkins are a popular addition to salads, sandwiches, and snacks.

Nutritional Benefits of Gherkins:

- **Rich in Vitamin K:** Essential for bone health and blood clotting.
- **Low in Calories:** A great snack for weight-conscious individuals.
- **High in Water Content:** Helps in hydration and supports skin health.
- **Contains Antioxidants:** Fights oxidative stress and promotes overall wellness.

Gherkins Uses:

- **Pickles:** Ideal for making tangy, crunchy pickles.
- **Salads:** Adds crunch and flavor to fresh vegetable salads.
- **Snacks:** Perfect for snacking or adding to charcuterie boards.
- **Sandwiches & Burgers:** Adds a zesty crunch to sandwiches and burgers.

2. Baby Corn - Sweet and Tender Crunch

Baby Corn Overview: Baby corn is harvested early, offering a mild, sweet flavor and tender texture. It's a popular ingredient in stir-fries, salads, and soups, especially in Asian cuisine.

Nutritional Benefits of Baby Corn:

- **High in Fiber:** Supports digestion and promotes gut health.
- **Vitamins A & C:** Help boost immunity and maintain healthy skin and vision.
- **Low in Calories:** Ideal for weight management.
- **Natural Energy Source:** Packed with carbohydrates for a quick energy boost.

Baby Corn Uses:

- **Stir-Fries & Soups:** Adds a sweet and crunchy element to stir-fries and soups.
- **Salads:** Enhances the texture and flavor of vegetable salads.
- **Side Dishes:** A great addition to any meal as a side dish.

3. Tomato Paste/Puree: *Solanum lycopersicum*, Slightly sweet, tangy, and savory

Tomato Overview: Tomatoes are juicy, red fruits that are widely used as vegetables in cooking. Native to South America, they belong to the nightshade family (Solanaceae) and are now cultivated globally.

Nutritional Benefits of Tomato:

- **Rich in antioxidants**, especially **lycopene**, which may reduce the risk of heart disease and cancer.
- **Vitamin C boost** for immunity and skin health.
- **Low in calories** and high in fiber — good for digestion and weight control.
- Supports **heart health** and reduces inflammation.
- Promotes **eye health** due to Vitamin A and lutein.

Tomato Uses:

- **Raw:** In salads, sandwiches, and as garnish.
- **Cooked:** Soups, sauces, stews, gravies, and curries.
- **Juice & puree:** Used in beverages, marinades, and cooking bases.
- **Sun-dried:** Intense flavor for pasta, pizza, or snack mixes.
- **Ketchup and sauces:** Key ingredient in fast food and condiments.

4. Tamarind Paste

Tamarind paste Overview: Tamarind paste is a thick, sticky concentrate made by extracting the pulp from the tamarind fruit (*Tamarindus indica*), a tropical leguminous tree native to Africa but widely used in South Asian, African, and Latin American cuisines.

Nutritional Benefits of Tamarind paste:

- **Rich in antioxidants** – helps fight free radicals and inflammation.
- **Good source of potassium & magnesium** – supports heart and muscle health.
- **Natural laxative** – aids digestion and relieves constipation.
- **Improves iron absorption** due to Vitamin C content.
- **Traditionally used** to reduce fever, aid bile production, and cool the body.

Tamarind paste Uses:

- **Indian cuisine:** Used in sambar, rasam, chutneys, and tamarind rice.
- **Thai cooking:** Essential for pad Thai, tamarind-based sauces and soups.

- **Chutneys & dips:** Tangy base for snacks like samosas and pakoras.
- **Marinades:** Adds sourness and depth to meat, poultry, and fish dishes.
- **Beverages:** Tamarind juice or sharbat, popular in summer.
- **Jams, sauces, and candies:** Common in tropical and Latin snacks.

5. Ginger Paste

Ginger Paste Overview: Ginger paste is made by grinding fresh ginger root into a smooth, thick consistency, often with a little water or oil. It is a staple ingredient in Asian, Middle Eastern, and African cuisines.

Nutritional Benefits of Ginger Paste:

- **Anti-inflammatory & antioxidant** properties due to gingerol.
- Helps **relieve nausea**, especially morning sickness and motion sickness.
- **Aids digestion** and reduces bloating or gas.
- Known to **boost immunity** and reduce cold/flu symptoms.
- Supports **joint health** and may reduce arthritis pain.
- May help **lower blood sugar** and improve heart health.

Ginger Paste Uses:

- **Indian cuisine:** Used in curries, dals, chutneys, and gravies.
- **Stir-fries & marinades:** Common in Chinese and Southeast Asian dishes.
- **Soups & stews:** Adds warmth and depth.
- **Tea & drinks:** Mixed into herbal teas or detox drinks.
- **Baking:** Occasionally used in gingerbread or spiced sweets.

6. Garlic Paste

Garlic Paste Overview: Garlic paste is a smooth, creamy blend made from fresh garlic cloves, often with a small amount of oil or salt to enhance preservation. It is a foundational ingredient in global cuisines, known for its pungent aroma and strong flavor.

Nutritional Benefits of Garlic Paste:

- **Rich in allicin**, a natural antibiotic and immune booster.
- Known to **reduce blood pressure** and **lower cholesterol**.
- Supports **heart health** and **circulation**.
- Has an **anti-inflammatory, antibacterial and antifungal property**.
- Helps in **detoxifying** the body and boosting **liver health**.
- May help in **preventing colds, flu and infections**.

Garlic Paste Uses:

- **Indian cooking:** Essential in gravies, dals, curries, and biryanis.
- **Stir-fries & sauces:** Used in Chinese, Thai, and Mediterranean dishes.
- **Marinades:** For meats, seafood, and vegetables.
- **Soups & stews:** Enhances base flavor.
- **Dips & spreads:** Mixed into hummus, aioli, or garlic butter.

7. Green Chilli Paste:

Green Chilli Paste Overview: Green chilli paste is made by grinding fresh green chillies into a smooth or slightly coarse consistency, often with a bit of water, oil, or vinegar to preserve freshness. It adds heat, flavor, and color to a variety of dishes.

Nutritional Benefits of Green Chilli Paste:

- **Rich in Vitamin C** – boosts immunity and improves skin health.
- Aids in **pain relief** and **metabolism**.
- Has an **anti-inflammatory** and **fat-burning** property.
- Promotes **digestion** by stimulating gastric juices.
- May help in **clearing congestion** and fighting colds.
- Low in calories and fat – good for weight management diets.

Green Chilli Paste Uses:

- **Indian cooking:** Used in curries, dals, chutneys, and masalas.
- **Spice blends:** Added to ginger-garlic paste or coriander paste.
- **Marinades:** Enhances spice level in meat and vegetable marinades.
- **Pickles & chutneys:** Key ingredient in spicy accompaniments.
- **Snacks:** Mixed into batters for pakoras, samosas, and fritters.
- **Asian cuisines:** Adds kick to stir-fries, noodles, and sauces.

8. Red Chilli Paste:

Red Chilli Paste Overview: Red chilli paste is a thick, vibrant condiment made by blending dried or fresh red chillies with ingredients like garlic, vinegar, salt, and oil. It is widely used to impart spice, color, and flavor to a variety of dishes.

Nutritional Benefits of Red Chilli Paste:

- **Rich in capsaicin**, known for its **pain-relieving, anti-inflammatory, and metabolism-boosting properties**.
- High in Vitamin A – **supports eye health and immunity**.
- Powerful antioxidant – **protects cells from oxidative damage**.
- Promotes **digestion** by stimulating gastric juices.
- Helps in **burning calories** and **reducing appetite**.

Red Chilli Paste Uses:

- **Indian cooking:** Used in curries, dals, chutneys, and masalas.
- **Spice blends:** Added to ginger-garlic paste or coriander paste.
- **Marinades:** Enhances spice level in meat and vegetable marinades.
- **Pickles & chutneys:** Key ingredient in spicy accompaniments.
- **Snacks:** Mixed into batters for pakoras, samosas, and fritters.
- **Asian cuisines:** Adds kick to stir-fries, noodles, and sauces.

Our premium range of juices:

1. **Mango Juice Description:** Mango juice is extracted from pulped mango fruit, typically from varieties like Alphonso, Totapuri, or Kesar. It has a thick consistency, bright golden-orange color, and a naturally sweet and slightly tangy flavor. Rich in Vitamin A, C, and antioxidants, it provides a healthy dose of nutrients along with delicious taste. Mango juice is widely used in beverages, mocktails, smoothies, desserts, and culinary recipes. It is often preserved with minimal additives and sometimes blended with other fruit juices to enhance flavor.
2. **Guava juice Description:** Guava juice is made by blending ripe guavas, often pink or white varieties, into a smooth liquid. It boasts a unique taste—sweet, mildly tart, and highly aromatic. Naturally packed with Vitamin C, dietary fiber, and antioxidants, guava juice supports immunity, digestion, and skin health. Its vibrant color and exotic flavor make it a popular choice in fruit blends, smoothies, and health drinks. Often consumed chilled, guava juice is both delicious and beneficial, offering a natural boost of energy and nutrients.
3. **Lemon Juice Description:** Extracted from fresh lemons, lemon juice is rich in Vitamin C, antioxidants, and citric acid. It has a sharp, sour flavor that instantly refreshes and revitalizes. Lemon juice is commonly used in lemonades, detox drinks, marinades, and salad dressings. It aids digestion, boosts immunity, and acts as a natural cleanser. Whether enjoyed as a cool summer drink or used as a versatile kitchen ingredient, lemon juice is both flavorful and health-boosting.
4. **Pineapple Juice Description:** Made by juicing ripe pineapples, pineapple juice offers a bold, tangy-sweet taste with a golden-yellow color and tropical aroma. It's rich in Vitamin C, Bromelain (a natural enzyme), and antioxidants, which support digestion, boost immunity, and reduce inflammation. This energizing drink is perfect on its own or as a base for cocktails, smoothies, and mocktails. Pineapple juice delivers a burst of natural flavor and health benefits in every sip, making it both delicious and nourishing.
5. **Lychee Juice Description:** Extracted from ripe lychees, lychee juice has a light, translucent texture and a naturally sweet, fragrant taste. It is rich in Vitamin C, potassium, and antioxidants, making it a hydrating and immune-boosting drink. The juice is often enjoyed chilled and can be used in mocktails, fruit blends, or desserts. With its smooth flavor and health benefits, lychee juice is a perfect choice for those who enjoy light, fruity beverages with a tropical twist.