

Dry Fruits & Dates



Barkat

Dryfruits & Dates

barkatdryfruits.com

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Transit Camp, Dharavi Mumbai 400017



Barkat

Dryfruits & Dates

Meet Our *Best Picks.*

Barkat Dryfruits & Dates Pure. Premium. Handpicked.

Barkat Dryfruits

& Dates

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Cashews

Creamy
Premium Grade
Perfect for snacking

02



03



Dates

Naturally Sweet
Soft
& Wholesome

04



Almonds

Crunchy
Naturally Rich
Premium handpicked

05



Mixed Seeds

Balanced
Nutritious
Everyday goodness

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Hazelnuts

Rich
Crunchy
Naturally wholesome

02



03



Walnuts

Natural
Healthy
Daily nutrition

Pistachios

Premium
Crunchy
Light & flavorful

04



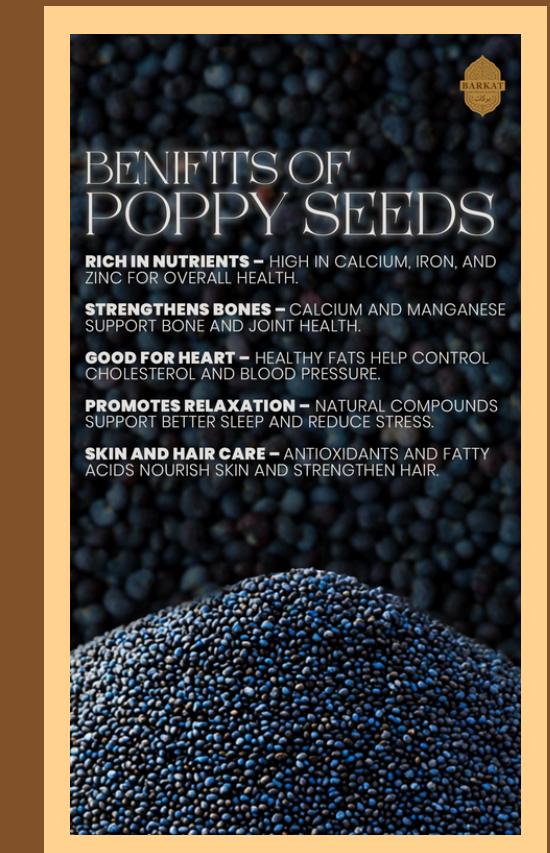
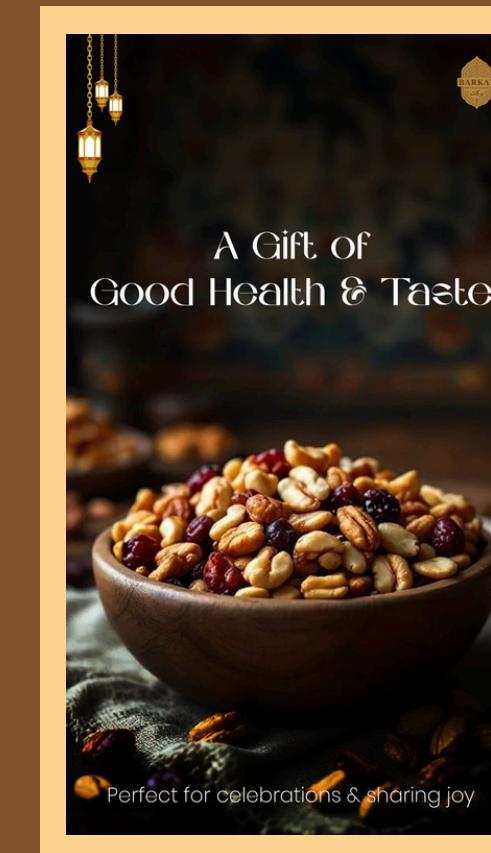
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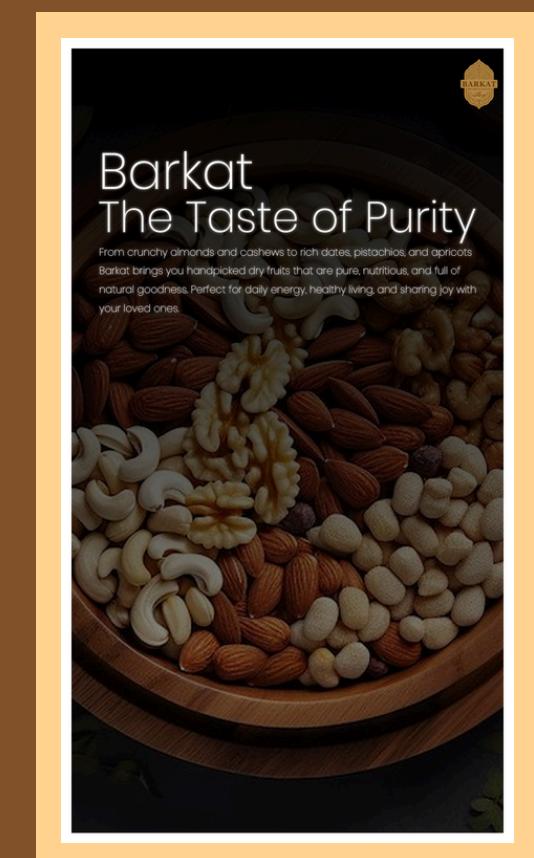
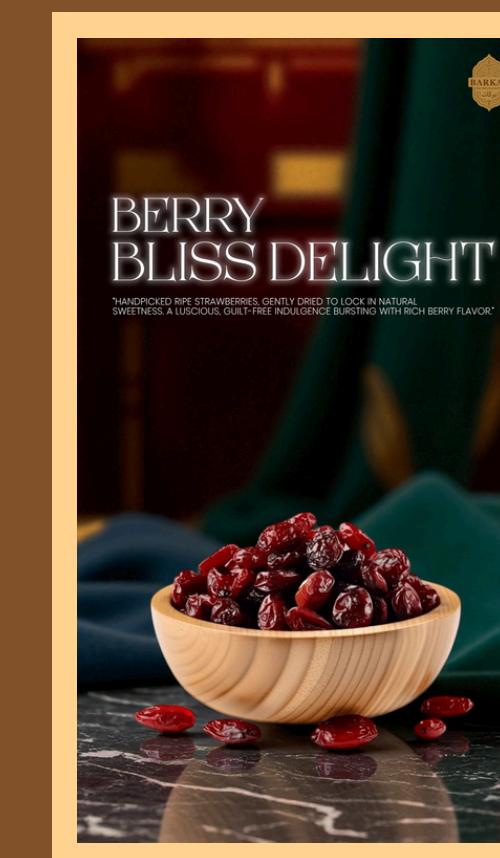
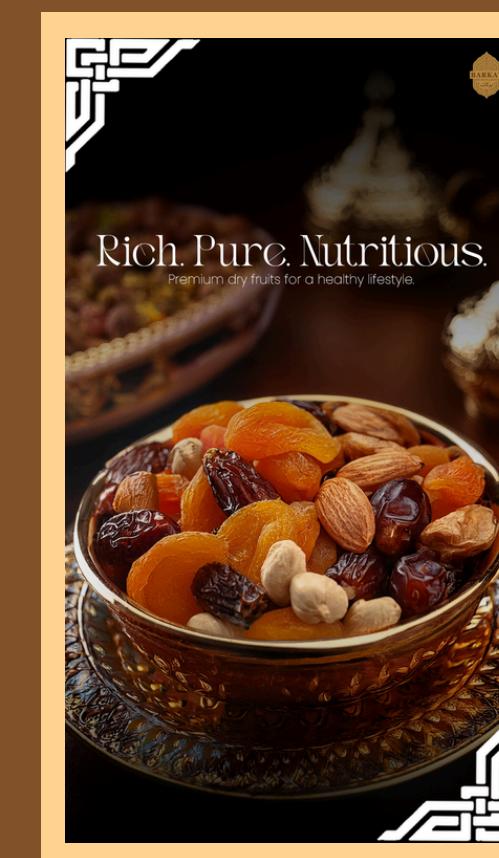
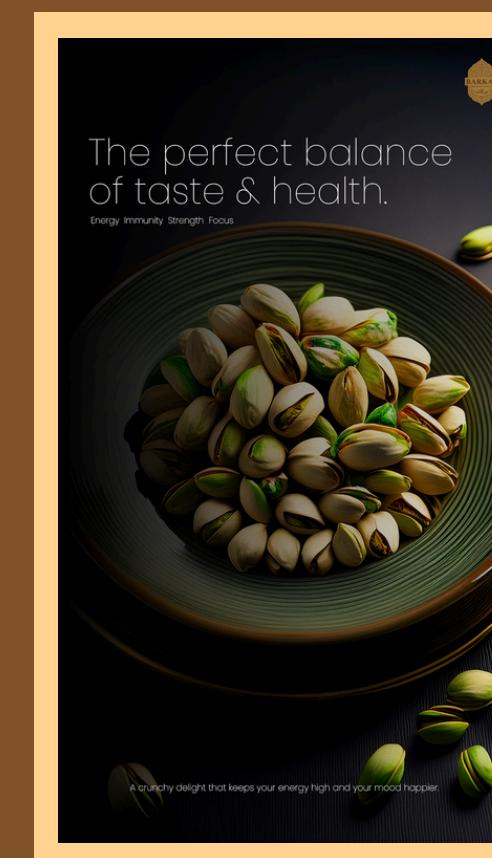
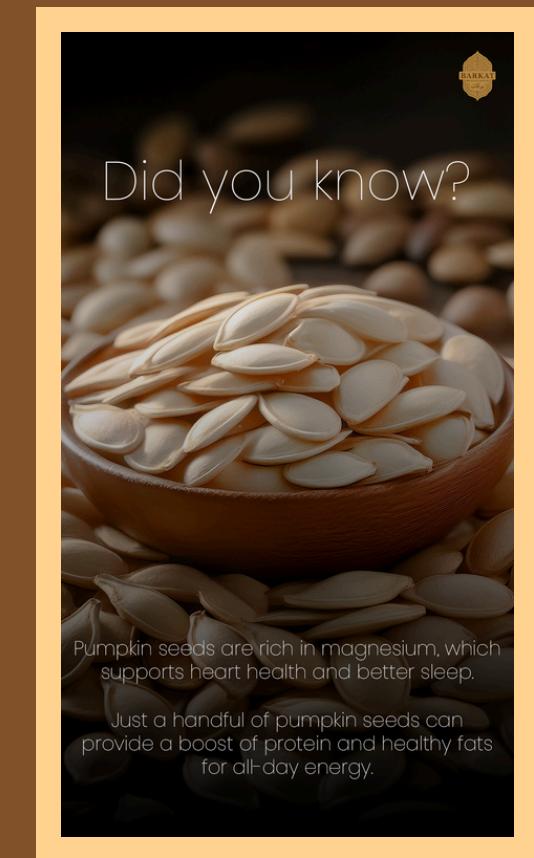
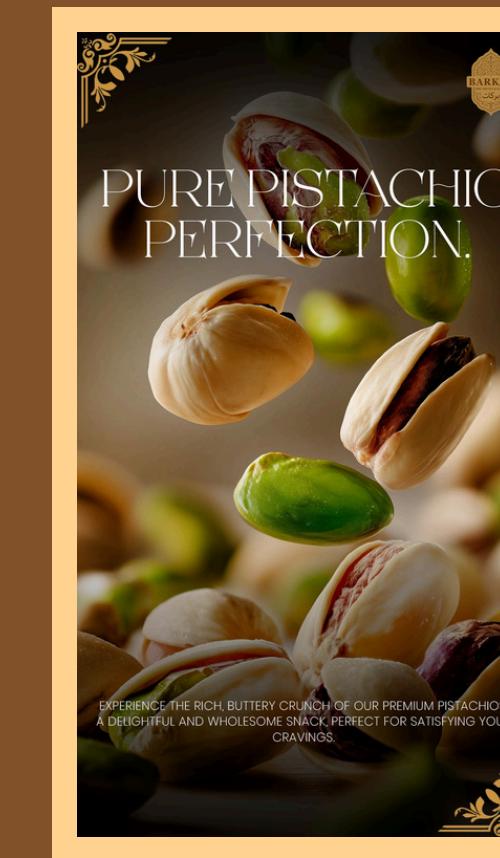
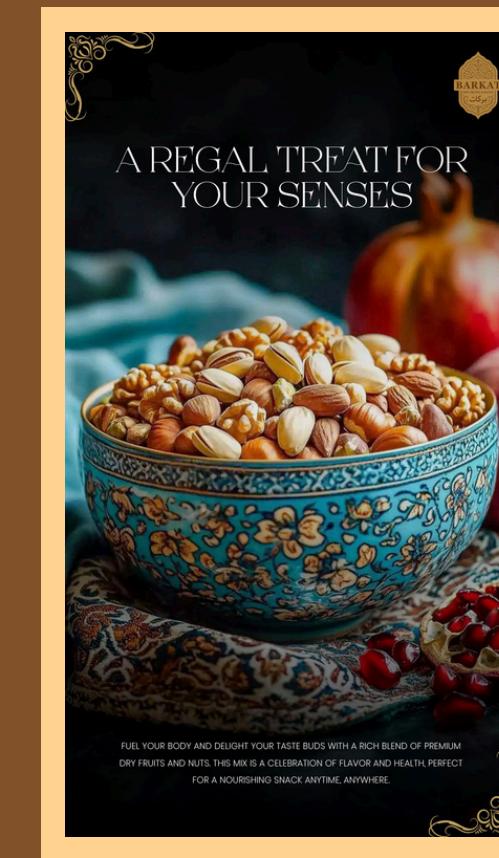
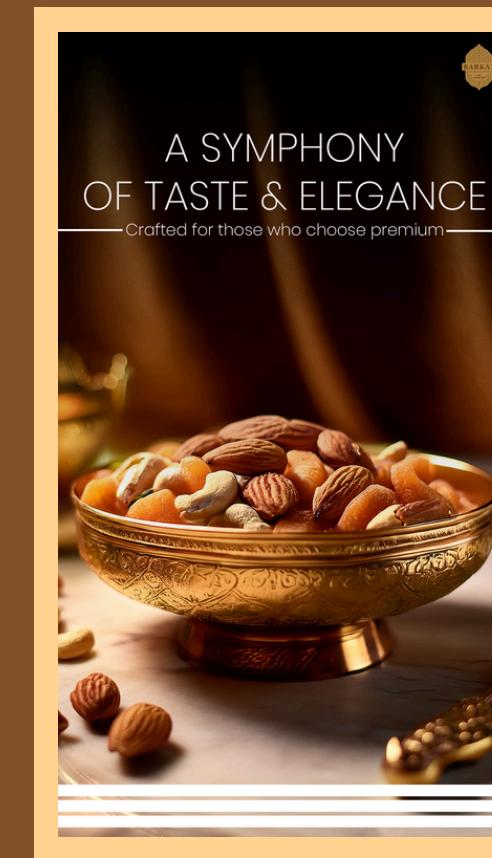


Mixed Dryfruits

Balanced
Nutritious
Everyday goodness

Social Media Creatives







Did You Know?
A handful of dry fruits daily keeps your heart healthy & strong.

Golden Goodness in Every Bite
Nature's Sweet Gift for Your Health & Energy

Rich in natural sugars, raisins provide an instant boost of energy while keeping you full and active. Packed with iron, fiber, and antioxidants, they help improve digestion, support heart health, and strengthen immunity. A perfect balance of taste and nutrition for your everyday wellness.

BENEFITS OF FIGS

RICH IN FIBER – HELPS DIGESTION AND PREVENTS CONSTIPATION.

GOOD FOR HEART – LOWERS CHOLESTEROL AND SUPPORTS HEALTHY BLOOD PRESSURE.

BONE STRENGTH – PACKED WITH CALCIUM, MAGNESIUM, AND PHOSPHORUS.

BOOSTS ENERGY – NATURAL SUGARS GIVE QUICK ENERGY.

CONTROLS BLOOD SUGAR – SUPPORTS BETTER GLUCOSE LEVELS WHEN EATEN IN MODERATION.

SKIN HEALTH – ANTIOXIDANTS KEEP SKIN GLOWING AND YOUTHFUL.

WEIGHT MANAGEMENT – HIGH FIBER KEEPS YOU FULL FOR LONGER.

IRON SOURCE – HELPS FIGHT ANEMIA AND BOOSTS HEMOGLOBIN.

DID YOU KNOW?

Dried apricots are packed with Vitamin A, iron, and fiber – making them a superfruit for better vision, improved digestion, and healthy skin!

FACT
Eating walnuts daily helps reduce bad cholesterol.

A BLEND OF NATURE'S FINEST

WHOLESMIE, NUTRITIOUS, TIMELESS

CAREFULLY CURATED WITH ALMONDS, CASHEWS, APRICOTS, RAISINS, AND MORE – THIS PREMIUM MIX BRINGS TOGETHER TASTE, HEALTH, AND LUXURY IN EVERY BITE.

BENEFITS OF HAZELNUT

HEART FRIENDLY – RICH IN HEALTHY FATS THAT IMPROVE CHOLESTEROL LEVELS.

BRAIN BOOSTER – LOADED WITH VITAMIN E, FOLATE, AND HEALTHY FATS FOR SHARP MEMORY.

ANTIOXIDANT POWER – PROTECTS AGAINST CELL DAMAGE AND AGING.

BONE STRENGTH – GOOD SOURCE OF MAGNESIUM, CALCIUM, AND PHOSPHORUS.

WEIGHT MANAGEMENT – PROTEIN + FIBER KEEP YOU FULLER FOR LONGER.

SKIN & HAIR GLOW – VITAMIN E NOURISHES SKIN AND STRENGTHENS HAIR.

ENERGY RICH – NATURAL POWERHOUSE OF NUTRIENTS FOR QUICK ENERGY.

ANTI-INFLAMMATORY – HELPS REDUCE INFLAMMATION IN THE BODY.

From Nature's Heart to Your Bowl

Nourishment is the finest form of indulgence

