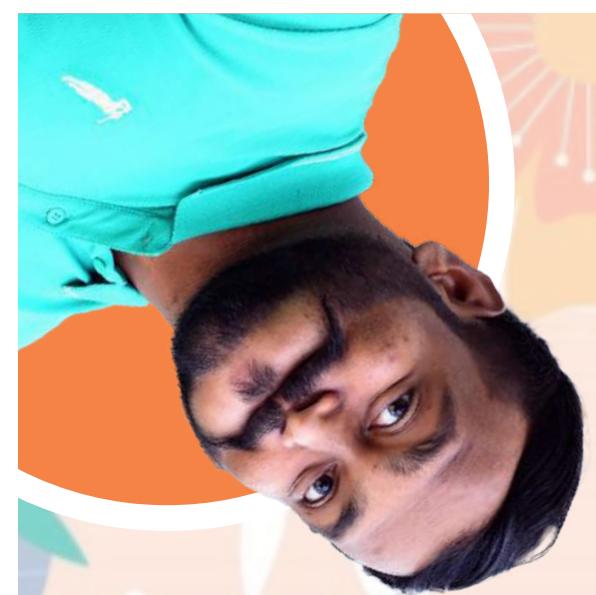




Premium Healthy Snacks





Hello friends,

Introducing Snack-o-aholic

What is the importance of healthy eating?

Food is the most important thing in our lives besides water.

Healthy eating means eating a variety of food that gives you the nutrients for your daily life like you need to maintain your health, feel good and have energy.

Premium Healthy Snacks

In our life, health is the most important thing that we must focus on.

Eating is related to our body, when we are eating well, the rate of our health also will be well balanced.

I, Ujjwala Karthik (founder of **Snack-o-aholic**) believe in having balanced healthy lifestyle. **Snack-o-aholic** presents a variety of healthy snacks for better and guilt free eating and we concentrate on good nutritional snacks. We focus on the right blend of ingredients in our food. Having food that is balanced and healthy is very important. Having a strict regimen regarding the diet, you may follow essential food without compromising on taste. We present healthy, tasty, freshly made and batch wise snacks for all age groups with maximum nutrition.

Healthy style of enjoying your snacks.

Freshly made in batch wise.

- No Maida
- Non Fried
- No Sugar
- No Artificial Flavours
- No Additional Colors
- Freshly Made In batch wise
- Using Farm Ingredients
- No Preservatives
- Vegan Snacks
- No Cornflour
- Suitable To All Palates
- Home-made Masalas
- Hygienic Preparation



Premium Healthy Snacks

SPICY TONGUE SAVORY

Onion Coin Khakhra

Every Bite is Better than the Last



INGREDIENTS

Whole wheat flour
Indian spices and onion powder
Edible oil in traces

MRP : ₹ 150/-

Chilli Lemon Coin Khakhra

Every Bite is Better than the Last



INGREDIENTS

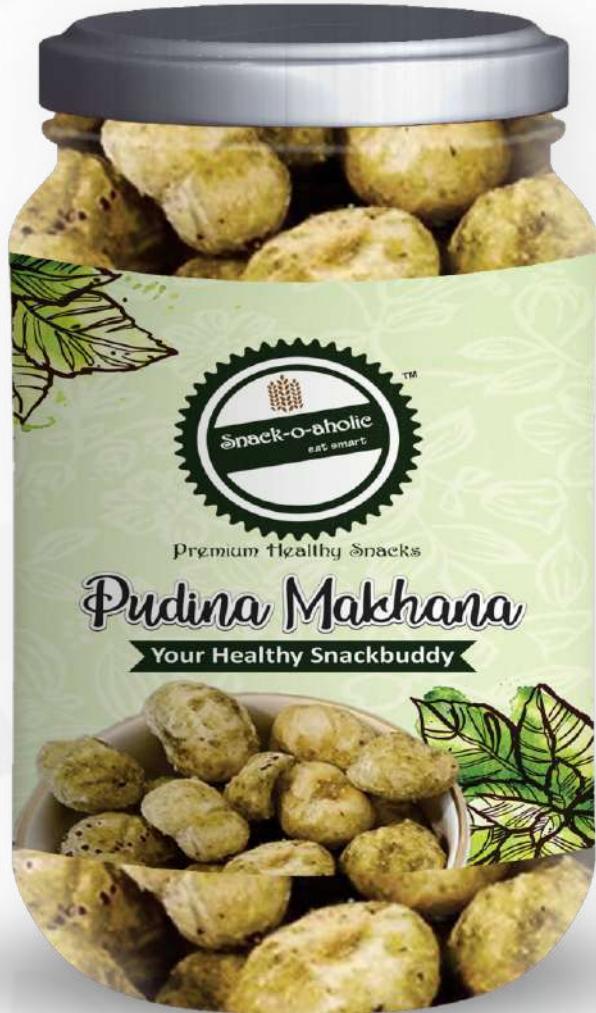
Green Chilly, Lemon Powder
Whole Wheat Flour
Indian spices & edible oil in traces

MRP : ₹ 150/-

SPICY TONGUE SAVORY

Pudina Makhana

Your Healthy Snackbuddy



INGREDIENTS

Fresh Pudina
Salt

Net Weight : 100 Grams

MRP : ₹ 250/-

Spicy Tomatoster

Yummy Yummy



INGREDIENTS

Tomato, Rice Flour, Wheat Flour, Black Salt,
Onion-Garlic-Chilli Powder, Edible Oil.

Net Weight : 100 Grams

MRP : ₹ 110/-

SPICY TONGUE SAVORY

Assorted Veggie Papads

Get Your Taste Buds Tickled



INGREDIENTS

Veggies with hung curds

It should be fried and consumed

Net Weight : 130 Grams

MRP : ₹ 215/-

Healthy Bag

Handpicked Goodness for the Delicious Treat



INGREDIENTS

Mixed Grams Salt n Green Chilly Powder

Roasted in a traditional way.

Net Weight : 250 Grams

MRP : ₹ 160/-

SPICY TONGUE SAVORY

Betel Leaf Tadka Popcorn

Make your Hometheatre Experience Complete



INGREDIENTS

Dried Corn, Betel Leaf Masala, Ghee and Salt

Net Weight : 80 to 100 Grams

MRP : ₹ 120/-

Masala Seeds Mix

Serving the Natural Twist



INGREDIENTS

Pumpkin Seeds, Sun Flower Seeds, Watermelon Seeds
Musk Melon Seeds, Garlic, Red Chilly, Curry Leaves
Salt, Cumin and Coriander

Net Weight : 100 Grams

MRP : ₹ 165/-

SPICY TONGUE SAVORY

Flax Seeds Triangles

Crispy - Crunchy Everyside



INGREDIENTS

Flax Seeds, Wheat Flour and Salt

Net Weight : 100 Grams

MRP : ₹ 110/-

Pumpkin Nachos

Machos the Nachos



INGREDIENTS

Wheat Flour, Pumpkin, Red Chilly Masala

Net Weight : 100 Grams

MRP : ₹ 125/-

SPICY TONGUE SAVORY

Red Millet Mixture

Tasty Mouth-Watering Savory



INGREDIENTS

Ragi Flakes Roasted, Edible Oil in Traces,
Gram Flour, Indian Spices and Seasoning for Flavoring

Net Weight : 100 Grams

MRP : ₹ 135/-

Chatpata Puffed Wheat

Perfectly Light in every bite



INGREDIENTS

Wheat Flakes Roasted, Edible Oil in Traces,
Gram Flours, Indian Spices and Seasoning for Flavoring

Net Weight : 100 Grams

MRP : ₹ 150/-

SPICY TONGUE SAVORY

Roasted Methi Squares

The wow Flavourful Snack in form of Squares



INGREDIENTS

Flax Seeds, Wheat Flour and Salt

Net Weight : 100 Grams

MRP : ₹ 110/-

Chilli Garlic Sticks

Perfectly Light in every bite



INGREDIENTS

Whole Wheat Flour, Red Chilli Powder, Garlic, Yogurt, Asafoetida, Iodized Salt, Veg. Oil

Net Weight : 100 Grams

MRP : ₹ 140/-

SPICY TONGUE SAVORY

Baked Palak Sev

Bagfull of Wholeness



Net Weight : 100 Grams

MRP : ₹ 135/-

SPICY TONGUE SAVORY

Jowar Puffs

Tasty Crunchy Puffs Packed for You

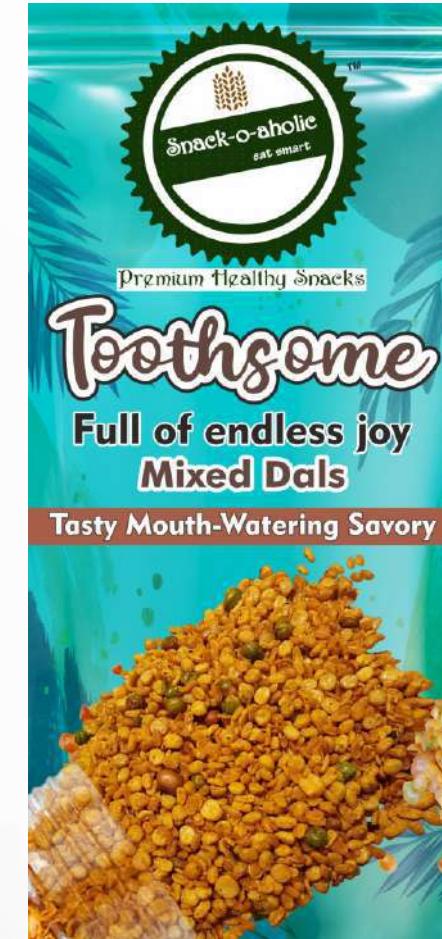


Net Weight : 100 Grams

MRP : ₹ 135/-

Toothsome

Full of Endless Joy



INGREDIENTS
Red Chilly, Garlic, South Indian Masala, Peas
Bengal Gram, Yellow Lentil, Curry Leaves

Net Weight : 100 Grams

MRP : ₹ 160/-

SWEET TOOTH (No Sugar)

Protein Pie

Healthilicious - Bodylicious - Delicious



INGREDIENTS

Roasted Groundnuts and Jaggery

Net Weight : 114 Grams

Weight / Serving : 19 Grams

MRP : ₹ 90/-

Jaggery Fudge

Style of Healthy Eating



INGREDIENTS

Jaggery and Dry Fruits

Net Weight : 100 Grams

MRP : ₹ 180/-

SWEET TOOTH (No Sugar)

Handmade Apple Cinnamon Ice Cream

Scoop all you can!



Net Weight : 250 Grams

MRP : ₹ 220/-

Brownie



3 Variants - Classic, Almond & Chocochip

MRP : ₹ 110/- [Each Brownie]

COOKIES (No Maida)

Oats Date Cookies

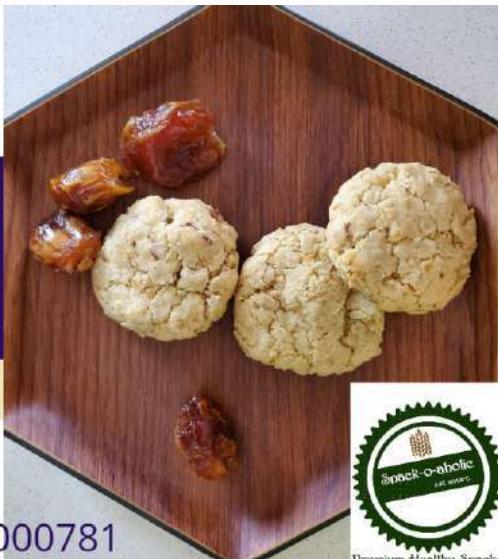


Oats Dates cookies

Oats, dates and honey

Qty : 15pieces
Price : Rs. 310
Validity : 10days

 LIC.No.: 21221193000781



INGREDIENTS Oats, Dates and Honey

No. of Pieces : 15 Pieces
MRP : ₹ 310/-

Gulkand Cookies

Experience the exotic flavors of Rose Petals in form of Cookies

Gulkand cookies



Experience the exotic flavors of
Rose petals in form of cookies
Wheat flour , butter and gulkand



 LIC.No. : 21221193000781 Validity: 1 week

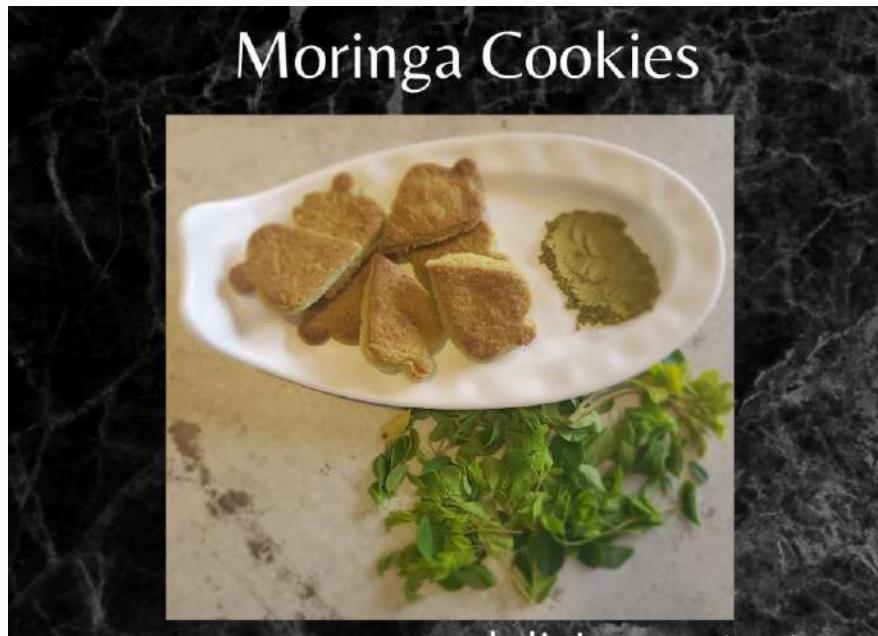
INGREDIENTS Wheat Flour, Butter and Gulkand

No. of Pieces : 15 Pieces
MRP : ₹ 210/-

COOKIES (No Maida)

Moringa Cookies

Yummy... Delicious... Tasty



yummy... delicious... tasty

Freshly grounded moringa, wheat flour, cane sugar

Qty: 15 pieces

Price : Rs.180

Validity: stays for 15days



INGREDIENTS

Freshly Grounded Moringa, Wheat Flour, Cane Sugar

No. of Pieces : 15 Pieces

MRP : ₹ 180/-

BEVERAGES

Bluue... Tea

Happiness is a Cup of Healthy Tea

Bluue... Tea

HAPPINESS IS A CUP OF HEALTHY TEA

Caffeine free, rich in antioxidants, help in weightloss, controls diabetes, increases memorypower & detox drink

Healthy beverage made from an infusion of the butterfly pea flower

Snack-o-Snack
Premium Healthy Snacks

How to brew a perfect cup of blue tea

Take 150ml of water for each serving
Bring the water to its 1st boil
Switch off the heat
Put 2gms of blue tea powder
Let it brew for 5mins
Color should become blue

Your freshly brewed cup of tea is ready to drink
Best when consumed without sugar and milk

INGREDIENTS

Water and Blue Tea Powder

Net Weight : 50 Grams

MRP : ₹ 400/-



Premium Healthy Snacks

SPICY TONGUE SAVORY

Onion Coin Khakhra	-	₹ 150.00
Chilli Lemon Coin Khakhra	-	₹ 150.00
Pudin Makhana	100gms	₹ 250.00
Spicy Tomatoster	100gms	₹ 110.00
Toothsome	100gms	₹ 160.00
Assorted Veggies Papads	130gms	₹ 215.00
Healthy Bag of Mixed Grams	250gms	₹ 160.00
Betel Leaf Tadka Popcorn	80-100gms	₹ 125.00
Masala Seeds	100gms	₹ 165.00
Flax Seeds Triangles	100gms	₹ 110.00
Pumpkin Nachos	100gms	₹ 125.00
Red Millet Mixture	100gms	₹ 140.00
Chatpata Puffed Wheat	100gms	₹ 150.00
Roasted Methi Squares	100gms	₹ 110.00
Chilli Garlic Sticks	100gms	₹ 140.00
Baked Palak Sev	100gms	₹ 135.00
Jowar Puffs	100gms	₹ 135.00

SWEET TOOTH (NO SUGAR)

Protein Pie	114gms	₹ 90.00
Jaggery Fudge	100gms	₹ 180.00
Apple Cinnamon Ice Cream	250gms	₹ 220.00
Brownie(3 Variants) [Classic, Almond, Chocochips]	each	₹ 110.00



COOKIES (NO MAIDA)

Oats Dates Cookies	15 Pieces	₹ 310.00
Gulkand Cookies	15 Pieces	₹ 210.00
Moringa Cookies	15 Pieces	₹ 180.00



BEVERAGES

Bluee Tea	50gms	₹ 400.00
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Premium Healthy Snacks

Address

Name of the building: **Paschim**
No 8/1 First Floor East End Main Road
4th T Block Jayanagar
Bangalore 560041

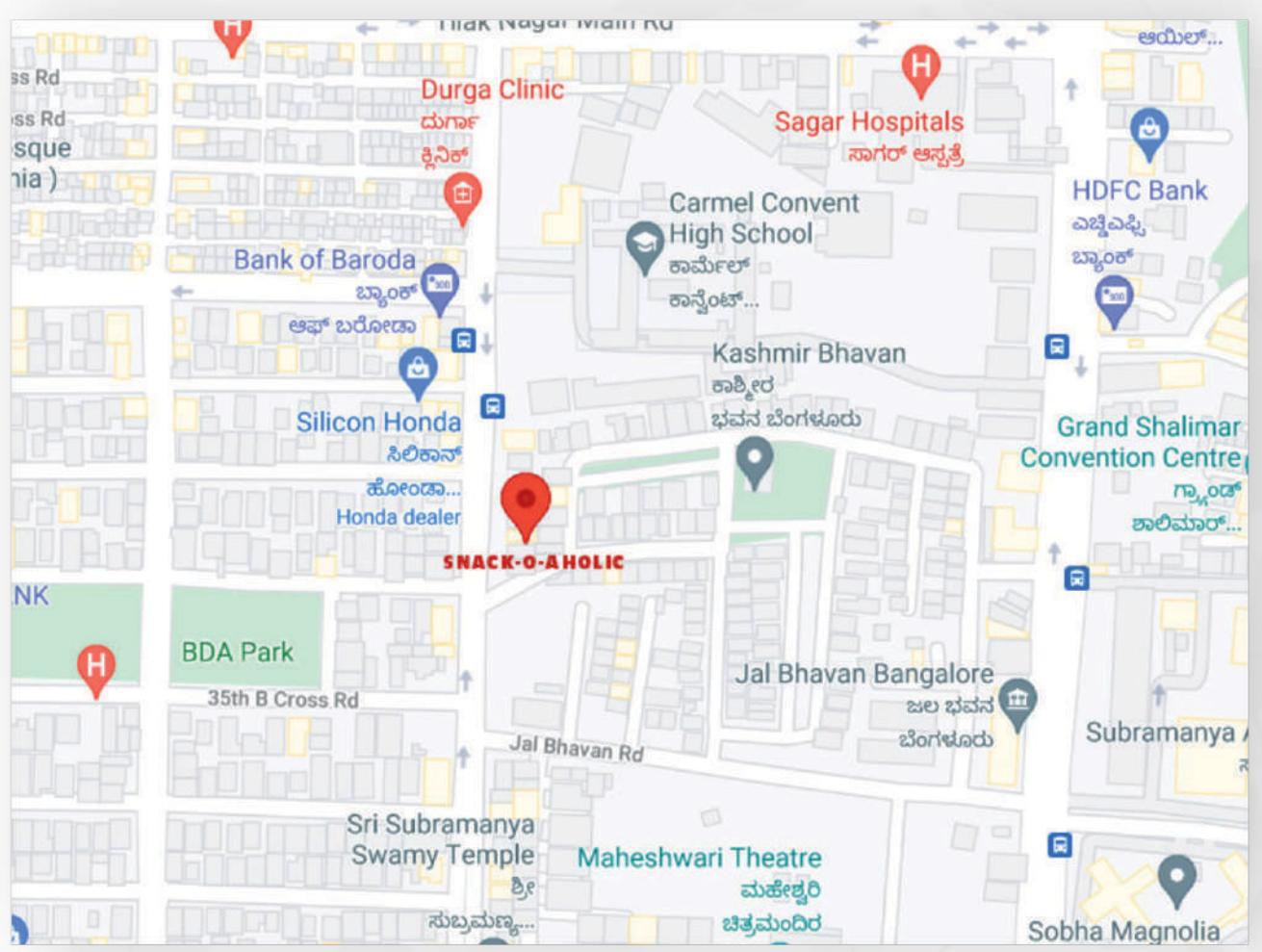
Call
99450 19333

Timings
9:30am - 5:30pm

www.snackoaholic.com
snackoaholic@gmail.com



Reach us at





Premium Healthy Snacks

