**Anar Dana**

Dried seeds of pomegranate are referred to as Anardana. It is used as a sourcing agent in multiple foods. As the seeds of pomegranate dry, small bits of pulp remain on them which makes them slightly sticky, fruity, and mildly, sweet. These qualities make AnarDana an ideal souring ingredient in Asian cuisine. Apart from that, people also use AnarDana for regulating their digestive system. ‘Anardana Chatni’ is very famous in Asia and it’s very effective for digestion.

**Bay Leaves**

Bay leaves are a popular spice that is used as a culinary flavouring in many contemporary and classic cuisines. It is most commonly used to marinate stews, fish, stuffings, etc. Bay leaves are slightly fragrant with a bitter taste. It is one of the crucial ingredients in many classic sauces.

**Black Cumin Seeds**

Black Cumin Seeds also known as Nigella seeds come from a plant called Nigella sativa. They come in the shape of small black-coloured tears and are about 1 mm long. The seeds have a pepper-like taste and are used all around South Asia as a spice. These are also used to flavour a variety of dishes ranging from sauces, curries, pickles and meat dishes to vegetables and fruit pies.

**Black Pepper**

Black pepper is one of the most used and traded spices all around the world. Its spiciness comes from a chemical compound called ‘piperine’. Its bold flavour makes it a delicious addition to almost any kind of food. It is rich in antioxidants which helps prevent damage to body cells. Moreover, it enhances the absorption of beneficial plant compounds and crucial nutrients in the body.

**Black Pepper Powder**

Black Pepper Powder commonly known as Kali Mirch powder comes from grinding the black pepper using start of the art machines. It is one of the most used and traded spices all around the world. Its spiciness comes from a chemical compound called ‘piperine’. Its bold flavour makes it a delicious addition to almost any kind of food. It is rich in antioxidants which helps prevent damage to body cells. Moreover, it enhances the absorption of beneficial plant compounds and crucial nutrients in the body. The powder is packed very carefully in a hygienically controlled environment.

**Cardamom Black**

Black Cardamom is a very effective flavouring agent and an important spice. Its powerful medicinal properties make it an ideal carminative, diuretic, stomachic, an effective cardiac stimulant and also an ideal treatment for throat/respiratory problems. It is rich in antioxidants that help prevent anxious behaviour and fatty liver. Studies show that it may also help decrease waist circumference.

**Cardamom Green**

Cardamom is a very effective flavouring agent and an important spice. Its powerful medicinal properties make it an ideal carminative, diuretic, stomachic, an effective cardiac stimulant and also an ideal treatment for throat/respiratory problems. It is rich in antioxidants that help prevent anxious behaviour and fatty liver. Studies show that it may also help decrease waist circumference.

**Chaat Masala**

Chaat masala is a very common spice mix used all around South Asia in multiple cuisines. It typically contains a mixture of amchur (dried mango powder), kala namak, cumin, coriander, salt, dried ginger, black pepper, capsicum, and asafoetida. It tastes both sweet and sour and is used to flavour all the popular fast foods of Asia like golgappa, aaloo chaat, dahi puri, etc. It is also added to all sorts of everyday foods to enhance their flavours and even eaten on its own.

**Cinnamon**

Cinnamon is one of the most widely used household spices. Its pleasant flavour and warm smell make it very popular in cooking, particularly in baking. The inner bark of an evergreen tree is peeled and dried in the sun, where it curls into the cinnamon sticks. Cinnamon is also available in powdered form. It has antiviral and antibacterial properties. It contains antioxidants with anti-inflammatory effects. It also helps reduce blood sugar level and the risk of type 2 diabetes.

**Cloves**

Cloves are the flower buds of the clove trees also known as Syzygium aromaticum. They are commonly used as a spice. In addition to spices, they have also been used in traditional medicine. They are enriched with antioxidants which help reduce stress. They promote oral health by killing bacteria. Cloves help regulate blood sugar level and also promote bone health.

**Coriander Powder**

Coriander powder is made by grinding coriander using state of the art and sophisticated machines. It is rich in aroma and natural oils. It has numerous nutritional benefits. It’s a basic ingredient of almost all Asian cuisines. It helps regulate blood sugar and contains immune-boosting antioxidants. It also promotes brain health and is very effective for digestion. The powder is packed very carefully in a hygienically controlled environment.

**Coriander Seeds**

Coriander is rich in aroma and natural oils. It has numerous nutritional benefits. It’s a basic ingredient of almost all Asian cuisines. It helps regulate blood sugar and contains immune-boosting antioxidants. It also promotes brain health and is very effective for digestion.

**Fennel Seeds**

Fennel is a dried fruit of an aromatic herbaceous plant, which grows in mild weather conditions. It is approximately one quarter (1/4) to one half (1/2) inches long and has a green colour. Fennel is used as both a herb as well as a spice. Its seeds come in oblong, straight, elliptical, and slightly curved shapes. It is used for medical purposes all over the world and also as a multi-purpose spice in liquors, food, and perfume.

**Garam Masala Powder**

Garam Masala Powder is made by grinding the combination of coriander, cumin, black pepper, chilli, cassia leaves, clove, black cardamom, anistar, fennel seeds, and dry ginger using the state of the art machines. Garam Masala boosts digestion and metabolism. It is rich in antioxidants which helps fight inflammation and prevent skin problems. The powder is packed very carefully in a hygienically controlled environment.

**Garam Masala**

Garam Masala is made from a combination of coriander, cumin, black pepper, chilli, cassia leaves, clove, black cardamom, anistar, fennel seeds, and dry ginger. Garam Masala boosts digestion and metabolism. It is rich in antioxidants which helps fight inflammation and prevent skin problems.

**Kachri Powder**

Kachri powder is a very famous spice that is enriched with proteins. It is usually found in hot and arid regions. Its regular use enhances hair growth by stimulating the roots. Kachri powder is used extensively in Asian cuisine and has numerous medicinal properties. It is commonly used as a meat tenderizer and gives a tangy, spicy taste to many traditional dishes such as kebabs, chicken, beef, mutton, etc.

**Red Chili Sabit**

Red Chilli is one of the most widely used spices all around South Asia. Red chillies are an essential part of many condiments, spice blends, and sauces. Its fiery hot taste adds a spicy kick to dishes. Moreover, red chillies have numerous health benefits. They contain a bioactive plant compound known as capsaicin which is responsible for the health benefits of red chillies. The higher the quantity of capsaicin in red chillies, the spicier it is and the more health benefits it adds to your food.

**Red Chilli Flakes**

Red chilli flakes are the dry seeds from hot chilli peppers or the mixture of cayenne, jalapeno, and hot chilli peppers. Apart from their use as a spice, red chilli flakes are used widely for many health purposes. They contain a bioactive plant compound known as capsaicin which is responsible for the health benefits of red chillies. The higher the quantity of capsaicin in red chillies, the spicier it is and the more health benefits it adds to your food.

**Red Chilli Powder**

Red Chilli Powder is made by grinding the red chillies using the state of the art machines. It is one of the most widely used spices all around South Asia. Red chillies are an essential part of many condiments, spice blends, and sauces. Its fiery hot taste adds a spicy kick to dishes. Moreover, red chillies have numerous health benefits. They contain a bioactive plant compound known as capsaicin which is responsible for the health benefits of red chillies. The higher the quantity of capsaicin in red chillies, the spicier it is and the more health benefits it adds to your food. The powder is packed very carefully in a hygienically controlled environment.

**Turmeric Powder**

Turmeric is a bright yellow-coloured spice used throughout the world for its ability to satisfy the appetite and for its large list of health benefits. Turmeric contains a pigment known as curcumin that has numerous health benefits. Curcumin makes turmeric antibacterial, antimicrobial, and anti-inflammatory. The powder is packed very carefully in a hygienically controlled environment.

**White Cumin**

White cumin is an aromatic spice with a distinctive bitter flavour, used throughout the world. It is one of the most widely used ingredients in Middle Eastern, Asian, Mediterranean and Mexican cuisines. It is rich in antioxidants that keep the cells healthy and promotes skin health. It has anti-cancer properties and helps regulate blood sugar level.

**White Cumin Powder**

The white cumin powder is made by grinding white cumin using state of the art and sophisticated machines. It’s an aromatic spice with a distinctive bitter flavour, used throughout the world. It is one of the most widely used ingredients in Middle Eastern, Asian, Mediterranean and Mexican cuisines. It is rich in antioxidants that keep the cells healthy and promotes skin health. It has anti-cancer properties and helps regulate blood sugar level. The powder is packed very carefully in a hygienically controlled environment.

**White Pepper**

White pepper is made from the berries of the pepper plant, known as the Piper nigrum. White pepper is milder as compared to black pepper. White pepper enhances appetite and thus it’s ideal for those suffering from loss of appetite. It is anti-inflammatory and helps freshen breath. It also enhances the immune system and purifies the body from harmful toxins and promotes circulation.

**White Pepper Powder**

White pepper powder is the crushed form of white pepper, made from the berries of the pepper plant, known as the Piper nigrum. White pepper is milder as compared to black pepper. White pepper enhances appetite and thus it’s ideal for those suffering from loss of appetite. It is anti-inflammatory and helps freshen breath. It also enhances the immune system and purifies the body from harmful toxins and promotes circulation. The powder is packed very carefully in a hygienically controlled environment.