

# Flyberry<sup>®</sup>

## GOURMET



TRAINING CATALOGUE



# FLYBERRY DATES



## MEDJOUL DATES

- 20g-30g per date
- Serving size - 50g or ~2 dates
- Called the King of Dates
- Largest variety of date
- Moist, soft and fleshy with rich texture
- Caramel flavour with notes of wild honey & cinnamon
- Rich in Fiber, so it has a very low G.I (Glycemic Index)\*
- Rich in minerals like Potassium, Calcium, Magnesium & Iron
- Best to consume stuffed or as it is

\*Low Glycemic Index or G.I means that sugar will be broken down and absorbed over a longer period of time, which helps avoid the sugar-crash sensation and instead provides sustained energy.



## MINI MEDJOUL DATES

- 8g-14g per date
- Serving size - 50g or ~4 dates
- Chewy texture with rich, concentrated sweetness
- Caramel flavour with notes of wild honey & cinnamon
- Rich in Fiber, so it has a very low G.I (Glycemic Index)
- Rich in minerals like Potassium, Calcium, Magnesium & Iron
- Best to consume as it is or use it as the main ingredient while baking



## WANNA DATE

- Single piece serving of Majestic Medjoul Dates
- All USPs are same as Majestic Medjoul Dates

# FLYBERRY DATES



## AJWA DATES

- ~10g per date
- Sourced exclusively from Medina for authentic quality
- Small, firm, and chewy with subtle spice and clove notes
- Mild sweetness – suitable for diabetics
- Pairs perfectly with Kahwa or in lightly sweet desserts
- Very rich in Vitamin C and other minerals like Potassium, Magnesium, Iron and Calcium



## AMERI DATES

- ~10g per date
- Semi-dry but pliable. Very Soft texture
- Mildly sweet with a Fibrous Chew and hints of Molasses
- Perfect for stuffing as it holds it's structure well
- Very high in dietary fiber which is evident from it's texture, also rich in Potassium, Magnesium, Iron and Vitamin C



## DEGLET NOUR DATES

- ~8g per date
- Drier and firmer than most date varieties due to naturally low moisture content
- Delicate with Mild sweetness
- Nutty with buttery smooth texture
- Size and texture makes it a versatile baking ingredient. Easy to chop up and use in breakfast mixes, energy bars etc.
- Rich in Vitamin A, Vitamin C, Dietary Fiber, Potassium and Magnesium

# FLYBERRY DATES



## DERI DATES

- ~10g per date
- 
- Semi-dry and tender with a smooth texture
- Deep and earthy flavour, with notes of burnt caramel
- Great to consume as is or dipped in chocolate
- Rich in Vitamin A, Vitamin C, Potassium, Magnesium and Iron



## DERI DATES (MAP BOX)

- ~10g per date
- 
- Semi-dry and tender with a smooth texture
- Deep and earthy flavour, with notes of burnt caramel
- Great to consume as is or dipped in chocolate
- Rich in Vitamin A, Vitamin C, Potassium, Magnesium and Iron



## HALAWI DATES

- ~12g per date
- 
- Pulpier and Juicy
- Sweet with rich honey flavour and citrusy notes
- Pairs really well with nuts and nut butters
- Very rich in Vitamin C, Potassium, Magnesium, Dietary Fiber and Iron

# FLYBERRY DATES



## KALMI DATES

- ~10g per date
- 
- Dense and Chewy
- Sweet with rich caramel flavour
- Excellent natural sweetener for shakes. Makes an excellent dessert topping when blended
- Very rich in Potassium, Magnesium, Iron, Calcium and Vitamin C



## SEEDLESS OMANI DATES (MAP BOX)

- ~12g per date
- 
- Manually de-seeded for convenience
- Sweet and soft with fudge like consistency
- Pairs well with kahwa and bitter coffee
- Rich in Potassium, Iron and Calcium



## MABROOM DATES

- ~10g per date
- 
- Firm, dry and light
- Mildly sweet with notes of toffee
- Excellent natural snack due to how light it is. Makes a great caramel sauce
- Very rich in Vitamin A, Dietary Fibre, Magnesium, Potassium and Iron

# HEALTHY SNACKS



## DATE BITES

- 18g per date
- Serving size - 36g or 2 bites
- Made from only Premium quality Medjoul dates unlike other brands that use mass market dates
- Highest quality imported ingredients - Ivory Coast Cashews, Iranian Pistachios, California Almonds
- Rich and fudgy texture
- No added sugar or preservatives
- 83 calories per bite, ~6g protein per serving, ~20% RDA of Iron per serving



## TRAIL MIX

- Serving size -
- Our blend is unique as it uses chickpeas as a key ingredient making this a high protein snack
- Flavoured with saffron and a Persian inspired spice mix
- No added sugar or preservatives





# DATE LINE



## HAZELNUT CHOCOLATE SPREAD

- No added sugar or preservatives
- No added emulsifier which may cause oil separation when kept for a while. This is not a negative trait and it is an easy trade-off to avoid unnecessary chemicals. A quick mix will immediately get it to the required consistency
- Most mass market spread such as nutella are mostly sugar, skimmed milk powder and oil with a touch of cocoa powder. We opt to use only whole ingredients including imported nuts and premium Medjoul dates
- Naturally sweet, creamy and easily spreadable
- A clean label breakfast spread that you can trust



## DATE POWDER

- No added sugar or preservatives
- Made with dried, ground Arabian dates and nothing else
- An all natural, fiber rich, low G.I replacement to sugar
- Has a smooth caramel like flavour
- Can be used in any scenario as the substitute to sugar - baking, as a sweetener, cooking, baking etc



## DATE SYRUP

- No added sugar or preservatives
- Extracted from premium Medjoul dates
- Caramel like consistency
- Can be used as a sugar substitute, sweetener or a topping/dessert sauce/confectionery syrup

# EXOTIC NUTS

Committed to quality, Flyberry ensures its products are 100% natural, raw, gluten-free, and vegan-friendly, catering to health-conscious consumers seeking nutritious and wholesome snacking options.

sourcing high-quality nuts ensures that consumers receive products that are not only delicious but also packed with essential nutrients.



## PINE NUTS

- Sourced from the Hindukush Mountain range of Afghanistan by Climbers who need to manually climb 100ft tall trees to obtain it
- Very rich in Zinc, Omega-6 fatty acids, PUFA, MUFA and Magnesium
- Helps with boosting testosterone, wound healing, reducing fatigue, improves immune function and bone health
- Excellent snack as is - even better when toasted with caramel. Makes excellent pesto sauce



## BRAZIL NUTS

- Found only in the Amazon rainforest. Cannot be cultivated or harvested at will as it grows only in the wild on 150ft tall trees
- Richest natural source of Selenium. Two nuts a day is the recommended amount for consumption. Also rich in Omega-6 fatty acids, PUFA, MUFA and Magnesium
- Helps with boosting testosterone, is thyroid friendly and is a potent anti-oxidant
- Best consumed as is. Can be used as the base for a vegan Parmesan sprinkling cheese when ground



# EXOTIC NUTS



## HAZELNUTS

- Sourced from Turkish orchards
- Rich in Dietary Fiber, Iron and Healthy Fats
- Excellent base for any kind of dessert or sweet dishes



## MACADAMIA NUTS

- Sourced from Australia
- Creamy and soft nut
- Extremely rich in heart healthy fats and Vitamin B1. Keto-friendly
- Elevates any dessert or sweet dish by adding a richer dimension to it.



## PECAN NUTS

- Sourced from USA
- Softer, sweeter cousin of the walnut.
- Rich in Vitamin E. Also rich in Omega-6 fatty acids, Omega-6 fatty acids PUFA, MUFA and Magnesium
- Best consumed after toasting to bring out the rich flavour profile. Great ingredient in baking cakes, pies or muffins.

# FLYBERRY CHIPS



## CHICKPEA CRISPS

- Vacuum cooked in less than 10% rice-bran oil which uses 70% less oil than conventional packaged chips
- No palm oil
- No Additives or MSG
- 10g Plant Protein per pack
- High Fibre Content



## SPICED OKRA CHIPS

- Vacuum cooked in less than 10% rice-bran oil which uses 70% less oil than conventional packaged chips
- No palm oil
- No Additives or MSG
- 10x real okra goes into the pack (200g of real veggies is used for 20g vacuum cooked okra chips)



## BANANA CHIPS

- Vacuum cooked in less than 10% rice-bran oil which uses 70% less oil than conventional packaged chips
- No palm oil
- No Additives or MSG
- We only use the Nendran variety of banana
- Thinnest banana chip there is
- 4x real bananas goes into the pack (80g of real fruit is used for 20g of vacuum cooked banana chips)

# FLYBERRY CHIPS



## SWEET BEET CHIPS

- Vacuum cooked in less than 10% rice-bran oil which uses 70% less oil than conventional packaged chips
- No palm oil
- No Additives or MSG
- Rich in folates and iron
- 4x real beetroot goes into the pack (80g of real beet is used for 20g of vacuum cooked beet chips)



## SPICED TARO CHIPS

- Vacuum cooked in less than 10% rice-bran oil which uses 70% less oil than conventional packaged chips
- No palm oil
- No Additives or MSG
- Rich in dietary fiber



## TOASTED COCONUT CHIPS

- Vacuum cooked in less than 10% rice-bran oil which uses 70% less oil than conventional packaged chips
- No palm oil
- No Additives or MSG
- Our cacao is not sweetened with sugar or artificial sweeteners

# SEEDS & BERRIES



## WATERMELON SEEDS

- Rich in Plant-Based Protein – Supports muscle repair and growth
- High in Magnesium – Aids heart health, metabolism & nerve function
- Good Source of Healthy Fats – Includes omega-6 fatty acids for brain and skin health
- Packed with Zinc & Iron – Boosts immunity and supports red blood cell production
- Low-Carb & Nutrient-Dense – Great for energy without blood sugar spikes



## SUNFLOWER SEEDS

- Rich in Vitamin E – A powerful antioxidant that supports skin and heart health
- Packed with Healthy Fats – Supports brain function and reduces inflammation
- Good Source of Magnesium – Helps with energy production and muscle function
- Supports Heart Health – Contains phytosterols that may lower cholesterol
- High in Selenium & Zinc – Boosts immunity and supports thyroid function



## CHIA SEEDS

- High in Omega-3 Fatty Acids – Supports heart and brain health
- Rich in Fiber – Aids digestion and promotes satiety
- Packed with Antioxidants – Fights inflammation and oxidative stress
- Good Source of Plant-Based Protein – Helps with muscle repair and energy
- Supports Bone Health – Contains calcium, magnesium, and phosphorus

# SEEDS & BERRIES



## PUMPKIN SEEDS

- High in Magnesium – Supports heart, muscle, and nerve function
- Rich in Zinc – Boosts immunity and supports skin and prostate health
- Good Source of Antioxidants – Helps reduce inflammation
- Contains Healthy Fats & Protein – Aids energy, satiety, and muscle repair
- May Support Sleep – Contains tryptophan, which promotes restful sleep



## STRAWBERRIES

- Rich in Vitamin C – Boosts immunity and skin health
- High in Antioxidants – Helps fight inflammation and oxidative stress
- Supports Heart Health – May help lower blood pressure and cholesterol
- Low in Calories & High in Fiber – Aids weight management and digestion
- Helps Regulate Blood Sugar – Low glycemic index, good for blood sugar control



## BLACKBERRIES

- Loaded with Antioxidants – Especially anthocyanins, which support brain and heart health
- High in Vitamin C & K – Boosts immunity and supports bone health
- Rich in Fiber – Aids digestion and helps regulate blood sugar
- Supports Brain Function – May improve memory and reduce cognitive decline
- Low in Calories, High in Nutrients – Great for weight-conscious, nutrient-dense diets



# BERRIES



## BLACKCURRANTS

- Very High in Vitamin C – Supports immunity, skin health, and collagen production
- Rich in Anthocyanins – Powerful antioxidants that fight inflammation and protect cells
- Supports Eye Health – May improve night vision and reduce eye fatigue
- Boosts Circulation & Heart Health – Helps lower blood pressure and improve blood flow
- Anti-Viral & Immune-Boosting – Traditionally used to help fight colds and infections



## BLUEBERRIES

- Rich in Antioxidants – Especially anthocyanins, which protect cells from damage
- Boosts Brain Function – May improve memory and slow age-related decline
- Supports Heart Health – Helps lower blood pressure and LDL cholesterol
- Anti-Inflammatory – Fights chronic inflammation in the body
- Low in Calories, High in Nutrients – Great for weight management and overall health



## CHERRIES

- Rich in Antioxidants – Especially anthocyanins, which reduce inflammation and oxidative stress
- Supports Sleep – Naturally high in melatonin, which helps regulate sleep cycles
- Reduces Muscle Soreness – Known to aid post-workout recovery
- Good for Heart Health – Helps lower cholesterol and blood pressure
- May Help with Arthritis & Gout – Can reduce uric acid levels and joint pain



# BERRIES



## CRANBERRIES

- Supports Urinary Tract Health – Prevents bacteria from sticking to the bladder wall
- Rich in Antioxidants – Protects cells and reduces inflammation
- Boosts Immunity – High in Vitamin C and immune-supportive compounds
- Good for Heart Health – May improve cholesterol and lower blood pressure
- Promotes Oral Health – Helps prevent harmful bacteria from sticking to teeth and gums



## RASPBERRIES

- High in Fiber – Supports digestion and helps regulate blood sugar
- Rich in Antioxidants – Especially ellagic acid and quercetin for anti-inflammatory benefits
- Packed with Vitamin C – Boosts immunity and skin health
- Supports Heart Health – May help lower blood pressure and improve cholesterol
- Low in Calories, High in Nutrients – Great for weight-conscious, nutrient-dense diets



## LINGONBERRIES

- Rich in Antioxidants – Especially polyphenols, which fight inflammation and oxidative stress
- Supports Urinary Tract Health – Similar to cranberries, they help prevent UTIs
- May Help Regulate Blood Sugar – Shown to improve insulin sensitivity
- Promotes Gut Health – Contains prebiotics that support healthy gut bacteria
- Boosts Immunity – High in Vitamin C and immune-supportive compounds