

Go nuts for healthy snacks

Dry fruits & Seeds

From FPO farmers



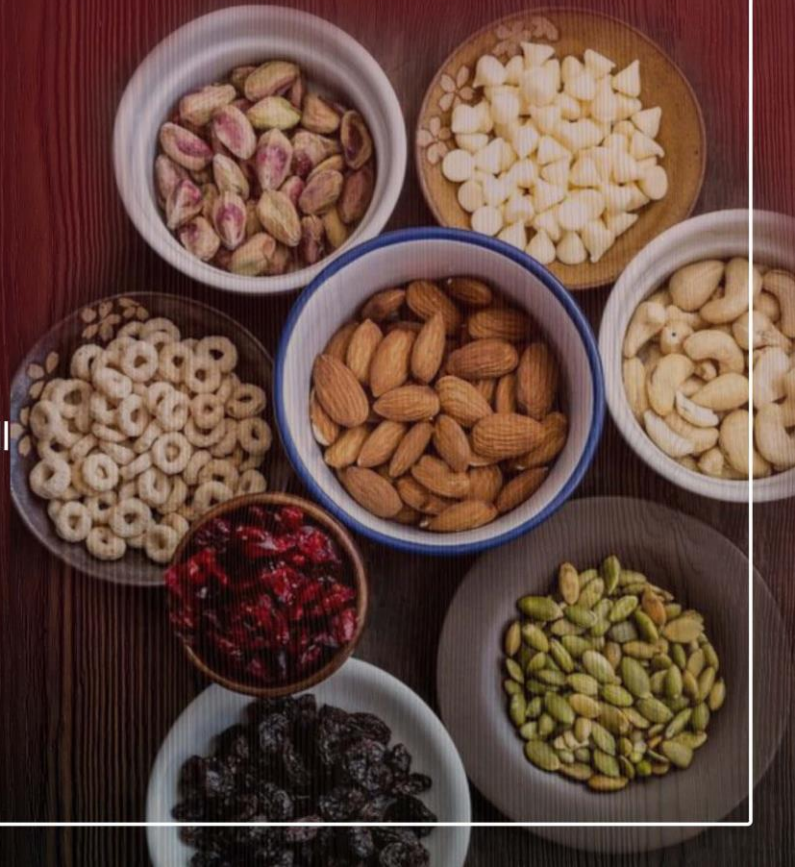
Seed your day with nutrition

• Dry fruits

Almond in shell/ kagzi badam
Almond kernel
Anjeer
Black kishmish
Cashew nuts
Coconut chips
Coconut copra
Dates
Dry apricot
Dry cherry
Dry kiwi
Dry peach
Dry pineapple
Dry strawberry
Peanuts
Pecan nuts in shell
Pista shahi
Raisins
Raw makhana
Rose Berries
Tutti frutti

• Seeds

Chia seed
Chironji
Pumpkin seeds
Sunflower seeds
Watermelon seeds
Mix seed & nuts





Almond in shell / kagzi badam

Pure Kashmiri almond, handpicked & safely packed. It's rich in protein, vitamin E, calcium, fiber, etc. A tasty, diabetic-friendly snack that also aids weight loss. Add it to savoury dishes for a rich nutty flavour.

₹750 Qty: 1 Kg

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Almond kernel

This superfood is believed to boost memory, brighten skin & aid weight loss. Experience the goodness of pure, handpicked & safely packed Kashmiri almond kernels. Enjoy as a tasty snack or add to delicious dishes.

₹1800 Qty: 1 Kg

Inderwal Fruits PCL
Chingam, Jammu & Kashmir



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Anjeer

Anjeer or fig is a juicy, fleshy, and sweet fruit with excellent medicinal properties, improving digestion & other health conditions. This fiber-rich pure & high-quality dry Anjeer boosts energy & aids weight loss.

₹711 Qty: 500g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Black kishmish

Premium-quality kishmish from Kashmir, pure & full of healthy goodness. Kishmish is also one of the most nutritious snack options. Also, add it to kheer, halwa & other savoury dishes.

₹180 Qty: 500g

Fruapp FPCL
Shopian, Jammu and Kashmir



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Cashew nuts

A few cashews every day can keep you healthy like nothing else. Take this pure & premium-quality cashew, roasted or soaked in water, in the morning or as an evening snack. Also, add it to savoury dishes for a rich nutty taste.

₹400 Qty: 500g

East Coast FPC
Durmut, West Bengal



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Coconut chips

These tasty coconut chips made from natural coconut & pure spices provide a healthy crunch. It is a perfect guilt-free snack for any time, anywhere. Enjoy the savory flavour & goodness of coconut in each bite.

₹80 Qty: 200g

Poigai FPCL
Erode, Tamil Nadu



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Coconut copra

Make traditional sweet dishes with this high-grade coconut copra. Also, take it as a healthy snack to stay hydrated & energetic. Coconut copra is also a must-have item in religious events.

₹65 Qty: 1 pc

Manamelkudi FPCL
Pudukkottai, Tamil Nadu



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Dates

Indulge in the natural sweetness & nutrition of these premium-quality dates. These all-natural dates are handpicked and carefully packaged to ensure the ultimate freshness, goodness & flavour. Enjoy them as a healthy snack, or add them to your favourite recipes.

₹176 Qty: 250g

Gandiva FPCCL
Guntur, Andhra Pradesh



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Dry apricot

These premium-quality dry apricots are rich in vitamins & antioxidants.

Enjoy them as tasty & guilt-free snacks. Known for reducing obesity, a few apricots every day also provide healthy skin.

₹566 Qty: 500g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Dry cherry

These high-quality dry cherries enriched with antioxidants are said to be heart-healthy. Enjoy a handful of dry cherries as a delightful snack, or add them to fruit salad, pastry, custard, or other savoury dishes.

₹140 Qty: 100g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Dry fruits



Dry kiwi

This little fruit is believed to regulate blood circulation in your body. Packed with essential nutrients & vitamins, dry kiwi provides healthy skin & hair. Take this pure dry kiwi as a snack or add it to salad, smoothies, or yogurt.

₹202 Qty: 200g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Dry mango slices

This safely processed dry mango is rich in vitamin C & dietary fiber. Made from premium-quality mango, it is a perfect addition to your baked items, yogurt, cereal, etc.

₹900 Qty: 1Kg

Baghatpora FPCL
Handwara, Jammu and Kashmir

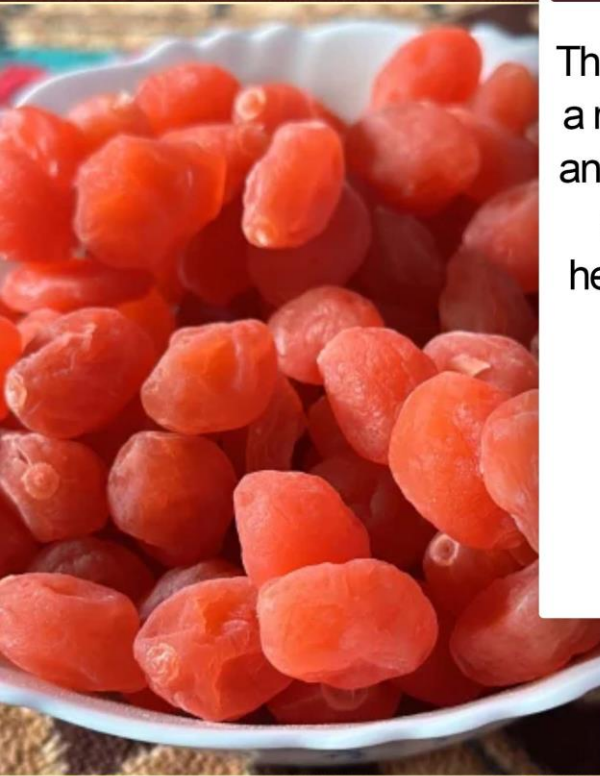


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Dry peach



This pure & premium-quality dry fruit is a rich source of several vitamins, iron, antioxidants & beta-carotene. Add this sweet & tangy fruit to yogurt for a healthy breakfast, or add it to custard for a delicious dessert.

₹182 Qty: 200g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Dry pineapple

Add the dry pineapple to ice cream, yogurt, or your morning cereals. This highly nutritious pure dry pineapple provides several culinary options. It supports weight loss & healthy skin.

₹197 Qty: 200g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Dry strawberry

This soft, sweet & bright fruit is a healthy snack. The pure hand-picked strawberries are a delicious addition to your salad, smoothie, muffin, etc.

Make jam & jelly with the antioxidant-rich fruit.

₹330 Qty: 250g



Zazna FPCL

Ganderbal, Jammu and Kashmir



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Peanuts

These pure & premium-quality peanuts provide the most delicious & easy snack options. Loaded with protein, vitamins, minerals & antioxidants, they also aid weight loss. Take roasted peanuts, or add them to your favourite recipes for a burst of taste & flavour.

₹160 Qty: 1 Kg

Jhabua Tribal FPCL
Jhabua, Madhya Pradesh



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Pecan nuts in shell

These pure handpicked pecans are loaded with vitamins, protein, healthy fats, & fiber. You can include them as part of your snacks & meals for good health & weight loss.

₹500 Qty: 500g



Devi Pindi FPCL
Tikri, Jammu & Kashmir



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Pista shahi

One of the healthiest nuts, pistachio has many nutritional benefits. Rich in protein, antioxidants & fiber, this premium-quality Kashmiri pistachio is a great snack. Take it soaked in water for good health & healthy skin.

₹376 Qty: 250g

Hayan Palpora FPCL
Kangan, Jammu & Kashmir



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Raisins

Indulge in the natural sweetness & healthy goodness of these premium-quality raisins. Perfect for guilt-free snacking. Rich in essential nutrients & antioxidants, raisin is a delicious addition to various savoury dishes.

₹110 Qty: 250g

Gandiva FPCL
Guntur, Andhra Pradesh



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Raw makhana

Also known as fox nuts or lotus seeds, makhana provides a perfect guilt-free snacking. Low in fat & high in protein, this pure high-quality makhana keeps you fit. Take them roasted or add to soups & desserts.

₹250 Qty: 250g

Mursan Kisan Pariwar PCL
Mursan, Uttar Pradesh



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Rose Berries

These pure, creamy & juicy rose berries provide various health benefits, including improved immunity & weight loss. They are also believed to delay skin aging.

₹300 Qty: 500g



Fruapp FPCL
Shopian, Jammu and Kashmir



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Tutti frutti

Made from various chopped fruits, this safely made high-quality tutti frutti is a delicious addition to sweet & savoury dishes. Add it to ice cream, muffins & custard for an enhanced taste & flavour.

₹300 Qty: 250g

Zazna FPCL
Ganderbal, Jammu and Kashmir



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Walnut

Pure Kashmiri walnut, handpicked & safely packed. It's rich in omega-3 fatty acids & believed to be a heart-healthy fruit. A tasty, diabetic-friendly snack that also aids weight loss.

₹485 Qty: 1Kg

Zazna FPCL

Ganderbal, Jammu and Kashmir



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Chia Seed

Rich in fiber, chia seed enhances nutritional value when added to cereals, crackers, beverages, or salads. This pure & high-quality chia seed also promotes weight loss.

₹350 Qty: 1Kg

Piploda FPCL
Ratlam, Madhya Pradesh



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Chironji

These pure, safely packed chironji seeds are rich in proteins, fiber, vitamins & minerals. It is considered a substitute for almonds. Chironji seeds enhance the taste & nutrition of kheer, ice cream, porridge & other savoury dishes.

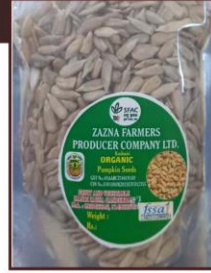
₹2800 Qty: 1 Kg

Podi Uproda Tribal FPCL
korba, Chhattisgarh



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Pumpkin seeds

Safely collected high-quality pumpkin seeds, rich in antioxidants, healthy fats & minerals. Add it to ice cream, yogurt, or smoothies for an enhanced taste & flavour. You can blend these seeds with other ingredients to make a delicious dip.

₹220 Qty: 200g

Zazna FPCL

Ganderbal, Jammu and Kashmir



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Sunflower seeds

Indulge in the nutty goodness of these pure, high-quality sunflower seeds. These crunchy & flavorful seeds are rich in protein & healthy fats. Enjoy them as snacks or sprinkle them over salads to experience an irresistible taste & flavour.

₹121 Qty: 250g

Gandiva FPCCL
Guntur, Andhra Pradesh



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Watermelon seeds

These pure, high-quality seeds are rich in protein, fiber, & healthy fats. Sprinkle them on your salads & smoothies, or eat a handful for a delightful crunch. Take this superfood to boost your health naturally.

₹264 Qty: 250g

Gandiva FPCCL
Guntur, Andhra Pradesh



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Mix seed & nuts

This mixed fruit is a combination of high-quality almonds, cashews, walnuts, hazelnuts, and pistachios. Enjoy it as a healthy snack or add it to various savoury dishes.

₹300 Qty: 200g

Zazna FPCL
Ganderbal, Jammu and Kashmir



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These premium-quality dry fruits & seeds are grown by FPO farmers. Each pack contains handpicked pure products with intact natural goodness.

**For enquiries & feedback
Contact : sfac@nic.in**

