

# Kashmiri Almonds



## WHAT IT IS?

Almonds are nature's little powerhouse of goodness, packed with essential nutrients & bursting with flavour. Whether enjoyed as a crunchy snack on the go, sprinkled over salads for a nutritious boost, or blended into creamy Almond milk for a dairy-free delight, these versatile nuts never fail to impress. Rich in proteins, healthy fats, fibers, vitamins, & minerals, Almonds offer a myriad of health benefits. From satisfying hunger pangs to fueling active lifestyles, Almonds are a wholesome & delicious addition to any diet.

## THE JOURNEY OF ALMONDS

Almonds begin as seeds within fuzzy green fruits on trees. After harvesting, they undergo processing to remove the hull & shell, revealing the edible kernel. These kernels are sorted, graded, & often roasted before being packaged for consumption. Rich in proteins & nutrients, Almonds are prized for their delicious taste & nutritional value.

**OUR PROMISE OF PURITY** 

100% ORGANIC FREE FROM GMO NO ADDED PRESERVATIVES

FREE FROM PESTICIDES

### BENEFITS

#### Brain Health:



The nutrients in Almonds may support brain functions & reduce the risk of cognitive decline.



#### **Bone Health:**

Almonds are a good source of calcium & magnesium, important minerals for bone strength.



Digestive Health:
Their high fiber content aids digestion.

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Blood sugar control:

Soaked Almonds have been shown to improve blood sugar levels.



Skin Health:

Almonds contain vitamin E & antioxidants, promote healthy skin.



Weight Management:

Fibers & proteins of Almonds can help you feel full, curbing calorie intake



Rich In Nutrients:

Almonds are packed with proteins, healthy fats, fibers, vitamins & minerals.



Heart Health:

Can help lower cholesterol levels & reduce the risk of heart diseases.

# HOW TO USE



Snacking: Enjoy Almonds straight out of the bag as a quick nutritious snack.



Baking: Use Almond flour for gluten-free, nutty-flavoured baking.



Almond Milk: Blend Almonds with water for homemade Almond milk.



Yogurt: Boost smoothie with Almonds for extra protein & fiber.

## OUR DIVERSE SELECTION



Blue Tea



Kahwa Powder



Masala Tikki



Saffron



Kahwa



Kashmiri Honey



Our Certifications •







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