FRUITS
FROZEN
Coconut is a very versatile fruit known for its refreshing taste, minerals, antioxidants and high fibre content. Free flowing frozen Coconut dices produced from whole ripe Coconut. The fruit undergoes preliminary steps, where the copra is detached from the hard shell and thin brown portion of copra is also removed. The white copra are washed, diced or sliced as per requirement. The Dices/chunks are cleansed, dewatered and frozen using IQF. The IQF dices are sieved, inspected and packed.

**HEALTH BENEFITS**

Lauric acid found in the coconut have antiviral, antibacterial and antiprotozoal function. Capric acid have a antimicrobial properties. Natural Coconut fat in the diet leads to a normalization of body lipids, protects against alcohol damage to the liver, and improves the immune system's anti-inflammatory response.
PRODUCT SPECIFICATIONS

Frozen Diced Coconut

Colour: White
Shape: Diced
Size: 10 x 10 mm*
  * As per requirement

Frozen Shredded Coconut

Colour: White
Shape: Natural Shredded

RECIPE IDEAS

Coconut Mousse
Coconut Pie
Coconut Mojito
Cocojito

QUALITY SPECIFICATION

TPC : <40000 cfu/gm
Yeast & Mold : <100 cfu/gm
Coliforms : <10 cfu/gm
E. coli : <10 cfu/gm
S. aureus: <10 cfu/gm
Salmonella: Absent in 25 gm

Shelf Life: 2 Years from DOM

VALUE PROPOSITION

Easy to use
Reduced preparation time
Guava
अमरूद | Psidium guajava

**Seed Varities :** L-59, Sardar | **Growing Areas :** Rahata, Nashik
**Distance from Factory:** 60 Km | **Harvest Season:** November to January

White guavas are rare in quantity and are restricted to a few growing regions. Fortunately, we work with the best growers undergoing organic orchard management. Guavas are a little known fruit with excellent health benefits, especially in terms of antioxidants and dietary fibres. Use these chunks to add some superfood infusion into your smoothies.

### HEALTH BENEFITS

The main constituents of guava are vitamins, tannins, phenolic compounds, flavonoids, essential oils, sesquiterpene alcohols and triterpenoid acids. The pulp is rich in ascorbic acid, carotenoids (lycopene, β-carotene and β-cryptoxanthin). hepatoprotection, antioxidant, anti-inflammatory, antispasmodic, anti-cancer, antimicrobial, anti-hyperglycemic, analgesic, endothelial progenitor cells, anti-stomachache and anti-diarrhea.

<table>
<thead>
<tr>
<th>Nutrition Facts/Valeur Nutritive (Per 100 gm)</th>
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<tbody>
<tr>
<td><strong>Amount</strong></td>
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<tr>
<td><strong>Teneur</strong></td>
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<tr>
<td>Calories / Calories</td>
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<td>Fat / Lipides</td>
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<td>Saturated / saturés</td>
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<tr>
<td>+ Trans / trans</td>
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<tr>
<td>Cholesterol / Cholesterol</td>
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<tr>
<td>Potassium</td>
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<tr>
<td>Total Carbohydrates / Glucides</td>
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<tr>
<td>Fibre / Fibres</td>
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<td>Sugars / Sucre</td>
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<tr>
<td>Protein / Protéines</td>
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<tr>
<td>Vitamin A / Vitamine A</td>
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<tr>
<td>Vitamin C / Vitamine C</td>
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<tr>
<td>Calcium / Calcium</td>
</tr>
<tr>
<td>Iron / Fer</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.*
**PRODUCT SPECIFICATIONS**

**Frozen Guava Natural Cuts (Pink & White Guava)**
- **Colour:** Creamish White with green skin
- **Shape:** Natural Cuts

**Frozen Guava Puree Cubes (Pink & White Guava)**
- **Colour:** Pink Colour
- **Shape:** *As per requirement
- **Size:** *As per requirement

**Quality Specification**
- **TPC:** <40000 cfu/gm
- **Yeast & Mold:** <100 cfu/gm
- **Coliforms:** <10 cfu/gm
- **E. coli:** <10 cfu/gm
- **S. aureus:** <10 cfu/gm
- **Salmonella:** Absent in 25 gm
- **Shelf Life:** 2 Years from DOM

**Recipe Ideas**
- Guava and Pomegranate Smoothie
- Guava Ice-cream

**Value Proposition**
- Unique flavour of India
- Perfectly ripened
Amla
आंवला | Phyllanthus emblica

Seed Varities: S-7 | Growing Area: Pratapgad, UP
Distance from Factory: 1300 Km | Harvest Season: November to January

Carefully picked from nearby farms, Sound quality retaining freshness, Washed and Individual quicked frozen to ensure its texture and typical characteristic taste which can be used in pickles.

HEALTH BENEFITS
Therapeutic potential against deleterious diseases. Earlier it becomes a notable fruit for its rich amount of vitamin C, polyphenols such as tannins, gallic acid, ellagic acid, flavonoids like quercetin and rutin.

<table>
<thead>
<tr>
<th>Nutrition Facts/Valeur Nutritive (Per 100 gm)</th>
<th>Amount</th>
<th>% Daily Value</th>
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<tr>
<td>+ Saturated / satures 0 g</td>
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<td>0.0%</td>
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<tr>
<td>+ Trans / trans 0 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol / Cholesterol 0mg</td>
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<td>Fibre / Fibres 3.6 g</td>
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<tr>
<td>Sugars / Sucre 2.4 g</td>
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</tr>
<tr>
<td>Protein / Proteines 1.2 g</td>
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<td>0.0%</td>
</tr>
<tr>
<td>Vitamin A / Vitamine A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C / Vitamine C</td>
<td></td>
<td>190.0%</td>
</tr>
<tr>
<td>Calcium / Calcium</td>
<td></td>
<td>4.7%</td>
</tr>
<tr>
<td>Iron / Fer</td>
<td></td>
<td>7.1%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
PRODUCT SPECIFICATIONS

**Frozen Amla Whole**
- **Colour:** Whitish yellow
- **Shape:** Round
- **Size:** Natural

**RECIPE IDEAS**
- Amla Pickle
- Amla Murabba
- Amla Honey Shot

**QUALITY SPECIFICATION**
- **TPC:** <40000 cfu/gm
- **Yeast & Mold:** <100 cfu/gm
- **Coliforms:** <10 cfu/gm
- **E. coli:** <10 cfu/gm
- **S. aureus:** <10 cfu/gm
- **Salmonella:** Absent in 25 gm

**Shelf Life:** 2 Years from DOM

**VALUE PROPOSITION**
- Ready to use
- Reduced preparation time
- Unique flavour of India
- Ready to eat
Loose skinned mandarins, awarded a GI tag, and grown only in the city of Nagpur are a delicacy to all Indians. Super sweet and bursting with juice, these oranges are like you have rarely tasted before. IQF wedges can be used in a salad, for juice or as a snack.

**HEALTH BENEFITS**

It has an antioxidant activity and also cytoprotective effects that reflect their substantial role in preventing chronic pathological conditions such as cardiovascular diseases and in many forms of cancers.
PRODUCT SPECIFICATIONS

Frozen Orange Wedges
Colour: Orange

RECIPE IDEAS
Orange smoothie
Rocket
Walnuts and Orange salad

QUALITY SPECIFICATION

TPC : <40000 cfu/gm
Yeast & Mold : <100 cfu/gm
Coliforms : <10 cfu/gm
E. coli : <10 cfu/gm
S. aureus: <10 cfu/gm
Salmonella: Absent in 25 gm

Shelf Life: 2 Years from DOM

VALUE PROPOSITION
Ready to use
Unique flavour of India
A local favourite, papayas are a stable for the region where our factory is located. Consumers do away with tedious peeling and de-seeding operations and can enjoy perfectly ripened dices. Papayas are highly nutritive and are especially valuable for weight loss. Blend into any fruit smoothie, or top with yogurt.

**HEALTH BENEFITS**

Recent studies have demonstrated that vitamin C, phenols, and carotenoids are bioactive compounds that protect the body from oxidative stress, reducing the risk of cardiovascular diseases and some types of cancer. Danielone is a phytoalexin found in the papaya fruit. This compound showed high antifungal activity against Colletotrichum gloesporioides, a pathogenic fungus of papaya.
Papaya and Banana Smoothie
Fruit Salad, Papaya with Yogurt

Ready to use
Reduced preparation time
TPC: <40000 cfu/gm
Yeast & Mold: <100 cfu/gm
Coliforms: <10 cfu/gm
E. coli: <10 cfu/gm
S. aureus: <10 cfu/gm
Salmonella: Absent in 25 gm
Shelf Life: 2 Years from DOM

Unique flavour of India
Perfectly ripened
Reduced wastage

Frozen Papaya Dices
Colour: Orange
Shape: Dices
Size: 10 × 10 mm *
*B as per requirement
Brix: Min.7
pH: 4.8 - 5.6
Acidity: 0.08 - 0.30

RECIPE IDEAS
Papaya and Banana Smoothie
Fruit Salad, Papaya with Yogurt

QUALITY SPECIFICATION

VALUE PROPOSITION
Ready to use
Reduced preparation time
Unique flavour of India
Perfectly ripened
Reduced wastage
A local favourite, plays a crucial role in drinks as well as in recipes. Harvested fresh, carefully processed, they never be disappoint you.

**HEALTH BENEFITS**

In addition the fiber of citrus fruit also contains bioactive compounds, such as polyphenols, the most important being vitamin C (or ascorbic acid), and they certainly prevent and cure vitamin C deficiency—the cause of scurvy.
### Lemon Date Bars

- **Ready to use**
- **Reduced preparation time**
- **TPC:** <40000 cfu/gm
- **Yeast & Mold:** <100 cfu/gm
- **Coliforms:** <10 cfu/gm
- **E. coli:** <10 cfu/gm
- **S. aureus:** <10 cfu/gm
- **Salmonella:** Absent in 25 gm

**Shelf Life:** 2 Years from DOM

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### Recipe Ideas

- Lemonade
- Lemon Date Bars
- Lemon Gateau

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### Quality Specification

- **Frozen Lemon wedges**
  - **Colour:** creamish white flesh
  - **Shape:** Natural
  - **Size:** Natural

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### Value Proposition

- Ready to use
- Reduced preparation time
- Unique flavour of India
Fine Melons are grown in farms with fresh water, scooped into balls and frozen. Do away with the hassle of peeling and not being able to finish the entire fruit. IQF cantaloupe balls exhibit a characteristic taste and structure, and are ideal for salads, smoothies and toppings to desserts.

**HEALTH BENEFITS**

Melons are rich in potassium which helps in regulating the blood pressure and keeps hypertension at bay. They have high doses of vitamin A and beta carotene, which helps sharpen the eye sight as well as reduce the risk of developing cataracts. The high quantity of vitamin C helps in treatment and also prevention of ulcers. It rejuvenates the lungs and helps the body recover from nicotine withdrawal faster.
Cantaloupe juice

Fruit salad

Frozen Melon Balls

Colour: Orange
Shape: Round
Size: Diameter: 30-40 mm

PRODUCT SPECIFICATIONS

RECIPE IDEAS

Cantaloupe juice
Fruit salad

QUALITY SPECIFICATION

TPC: <40000 cfu/gm
Yeast & Mold: <100 cfu/gm
Coliforms: <10 cfu/gm
E. coli: <10 cfu/gm
S. aureus: <10 cfu/gm
Salmonella: Absent in 25 gm

Shelf Life: 2 Years from DOM

VALUE PROPOSITION

Ready to use
Ready to eat
Reduced preparation time
Reduced wastage
Fine sugar baby watermelons are grown in farms with fresh water, scooped into balls and frozen. Do away with the hassle of peeling and not being able to finish the entire fruit. IQF watermelon balls exhibit a characteristic taste and structure, and are ideal for salads, smoothies and toppings to desserts.

**HEALTH BENEFITS**

Watermelon is one of the unique sources having readily available cis-isomeric lycopene. The distinctive aroma of watermelon is imparted by medium- and short-chain fatty acids along with geranial, β-ionone and neral. Its consumption has been escalated owing to rich nutritional profile and allied health benefits. It is effective in reducing the extent of cancer insurgence, cardiovascular disorders, diabetes and macular diseases.
PRODUCT SPECIFICATIONS

Frozen Watermelon Balls

- Colour: Red
- Shape: Round
- Size: Diameter: 30-40 mm

QUALITY SPECIFICATION

- TPC: <40000 cfu/gm
- Yeast & Mold: <100 cfu/gm
- Coliforms: <10 cfu/gm
- E. coli: <10 cfu/gm
- S. aureus: <10 cfu/gm
- Salmonella: Absent in 25 gm
- Shelf Life: 2 Years from DOM

VALUE PROPOSITION

- Ready to use
- Ready to eat
- Reduced preparation time
- Reduced wastage

RECIPE IDEAS

- Watermelon smoothie
- Watermelon and Feta salad
- Fruit salad
The crown jewel of Indian fruits, the totapuri mango exhibits a perfect balance of acidity and sweetness, along with a pleasing aroma and colour. Naturally ripened and processed, totapuri dices are a great addition to smoothies, as a topping on yogurts or as a sweet dessert by itself.

HEALTH BENEFITS

Relatively high content in calories and is an important source of potassium, fibre, and vitamins. Mango is also a particularly rich source of polyphenols, a diverse group of organic micronutrients found in plants which exert specific health benefits, Several studies showed that phytochemicals contained in mango play an anti-inflammatory role in several chronic pathological disorders associated with inflammatory responses, Bioactive components contained in the different parts of mango have also shown anticancer activity in different tumour cell lines.
Mango Ice-cream
Mango Smoothies
Mango and Rocket Salad

Sustainably certified
Unique flavour of India

TPC: <40000 cfu/gm
Yeast & Mold: <1000 cfu/gm
Coliforms: <100 cfu/gm
E. coli: <10 cfu/gm
S. aureus: <10 cfu/gm
Salmonella: Absent in 25 gm

Shelf Life: 2 Years from DOM

Frozen Totapuri Dices
Colour: Orange
Shape: Dices
Size: 10 × 10 mm *

*As per requirement

Brix: Min.9
pH: 2.2 - 4.4
Acidity: 0.40 - 1.60

RECIPE IDEAS
Mango Ice-cream
Mango Smoothies
Mango and Rocket Salad

QUALITY SPECIFICATION

VALUE PROPOSITION
Sustainably certified
Unique flavour of India
Perfectly ripened
These are made from selected varieties of Pomegranate. Fully matured and ripened Pomegranate are harvested, quickly transported to plant, inspected and washed. The selected fruits are then washed again, deseeded, sanitized, frozen and packed under strict hygienic conditions.

**HEALTH BENEFITS**

Fruit acts as antioxidant, antidiabetic, and hypolipidemic and shows antibacterial, antiinflammatory, antiviral, and anticarcinogenic activities. The fruit also improves cardiovascular and oral health. These beneficial physiological effects may also have preventive applications in a variety of pathologies. The health benefits of pomegranate have been attributed to its wide range of phytochemicals, which are predominantly polyphenols, including primarily hydrolyzable ellagitannins, anthocyanins, and other polyphenols.
Sprinkle in Salads
Avocado pomegranate guacamole
Jazz up plain, vanilla or honey yogurt

Frozen Pomegranate Arils
Colour: Red

PRODUCT SPECIFICATIONS

RECIPE IDEAS
- Sprinkle in Salads
- Avocado pomegranate guacamole
- Jazz up plain, vanilla or honey yogurt

QUALITY SPECIFICATION
- TPC: <40000 cfu/gm
- Yeast & Mold: <100 cfu/gm
- Coliforms: <10 cfu/gm
- E. coli: <10 cfu/gm
- S. aureus: <10 cfu/gm
- Salmonella: Absent in 25 gm
- Shelf Life: 2 Years from DOM

VALUE PROPOSITION
- Ready to use
- Unique flavour of India
- Ready to eat
Nothing captures the golden sunshine like the vibrant, sweet flavor of golden pineapple chunks. Perfect for any occasion, from smoothies to snacking. Perfectly processed to ensure your happiness.

**HEALTH BENEFITS**

Pineapple can be used as supplementary nutritional fruit for good personal health. Pineapple fruits are an excellent source of vitamins and minerals. One healthy ripe pineapple fruit can supply about 16.2% of daily requirement for vitamin C. A powerful antioxidant, vitamin C supports the formation of collagen in bones, blood vessels, cartilage and muscle, as well as the absorption of iron.

<table>
<thead>
<tr>
<th>Nutrition Facts/Valeur Nutritive (Per 100 gm)</th>
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<td>Vitamin C / Vitamine C 80.0%</td>
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<td>Calcium / Calcium 1.0%</td>
</tr>
<tr>
<td>Iron / Fer 1.6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.*
**PRODUCT SPECIFICATIONS**

**Frozen Pineapple Dices**
- **Colour:** Yellow
- **Shape:** * As per requirement
- **Size:** * As per requirement

**RECIPE IDEAS**
- Honey Pineapple Chicken Stir-fry
- Pineapple whip
- Curacao Punch with Pineapple
- Pineapple Chunks Cake

**QUALITY SPECIFICATION**
- **TPC:** <40000 cfu/gm
- **Yeast & Mold:** <100 cfu/gm
- **Coliforms:** <10 cfu/gm
- **E. coli:** <10 cfu/gm
- **S. aureus:** <10 cfu/gm
- **Salmonella:** Absent in 25 gm

**Shelf Life:** 2 Years from DOM

**VALUE PROPOSITION**
- Ready to use
- Reduced preparation time
- Ready to eat
Contract grown in a hilly region not far from our factory, strawberry cultivation has been growing strongly in India and ranks amongst the peoples favourite. These sweet charlie’s rank well in terms of colour, sweetness and tartness. Applications are endless!

**HEALTH BENEFITS**


**Seed Varieties : Sweet Charlie, Camarosa | Growing Area: Mahabaleshwar, Saputara**
**Distance from Factory: 300 Km | Harvest Season: February to May**

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**Nutrition Facts/Valeur Nutritive (Per 100 gm)**

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<tr>
<td>Iron / Fer</td>
<td>2.3%</td>
</tr>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet.
PRODUCT SPECIFICATIONS

Frozen Strawberry Whole
- Colour: Red
- Brix: Min.7

Frozen Strawberry Pulp
- Colour: Red
- Brix: Min.7

RECIPE IDEAS
- Strawberry Milkshake
- Strawberries and Cream
- Strawberry Meringue
- Mozzarella and Strawberry skewers

QUALITY SPECIFICATION
- TPC: <40000 cfu/gm
- Yeast & Mold: <100 cfu/gm
- Coliforms: <10 cfu/gm
- E. Coli: <10 cfu/gm
- S. Aureus: <10 cfu/gm
- Salmonella: Absent in 25 gm

Shelf Life: 2 Years from DOM

VALUE PROPOSITION
- Ready to use
- Recidue free