

Natural Food Global Export

ABOUT US

At Natural Food Global Export, we proudly serve as “Brand Name—Natural Food Global Export,” an India-based brand dedicated to delivering premium-quality **Makhana (Foxnut)**, **Green Cardamom**, and **Black Pepper**. From carefully sourced raw and roasted makhana to hygienically processed whole spices, every product is selected to ensure freshness, purity, and superior taste and aroma, ready to meet the highest quality standards.

CONTACT US



+91 95341 15174



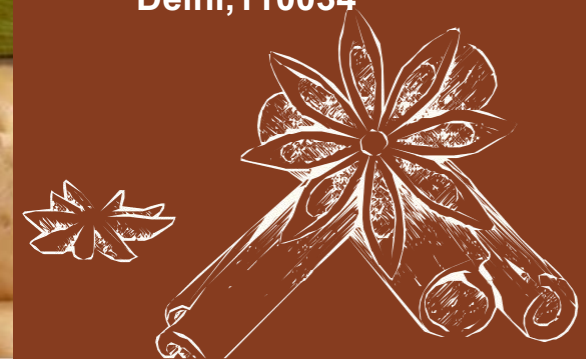
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NUTS & DRY FRUITS

MAKHANA (FOXNUTS)

We offer a wide range of high-quality raw Makhana (Nelumbo Nucifera), sorted by size and appearance to suit different needs:

Varieties of Raw Makhana



7 Suta Makhana (24-28 mm)

- Premium (Handpicked) Makhana
- Plain Makhana

Extra large makhana, ideal for export and premium packaging due to its attractive appearance and size.



6 Suta Makhana (20-24 mm)

- Premium (Handpicked) Makhana
- Plain Makhana

Large makhana, preferred for premium roasted snacks and retail packs.



5 Suta Makhana (16-20 mm)

- Premium (Handpicked) Makhana
- Plain Makhana

Standard size makhana, commonly used for snacking, roasting, and sweet preparations.



4 Suta Makhana (12-16 mm)

- Premium (Handpicked) Makhana
- Plain Makhana

Medium small makhana, widely used in roasted snacks, namkeen blends, and processing purposes.



3 Suta Makhana (9-12 mm)

Small sized makhana, best suited for namkeen mixes, grinding into flour, and value added products.



Varieties of Flavoured Makhana

1. CLASSIC SALTED

Experience the charm of simple snacking with our Classic Salted Makhana. Carefully roasted to golden perfection and lightly seasoned, these makhanas offer a natural flavor without any added preservatives or artificial ingredients. A wholesome, crunchy snack for every moment - be it work, travel, or relaxation.



2. PERI PERI

Turn up the heat with our Peri Peri Makhana - a bold twist on healthy snacking. Roasted to golden crispness and coated with a zesty peri peri seasoning, these makhanas deliver a fiery kick with every bite. Packed with flavor and free from preservatives or artificial additives, they're the perfect spicy snack for work breaks, travel munchies, or movie nights. Crunchy, wholesome, and full of attitude.

3. TANGY TOMATO

Add a zesty twist to your snacking with our Tangy Tomato Makhana. Expertly roasted to a light, crispy texture and coated with a deliciously tangy tomato seasoning, these makhanas deliver bold flavor in every bite. Free from preservatives and artificial ingredients, it's a wholesome, flavorful snack - perfect for work breaks, travel cravings, or anytime indulgence.



4. CHILLI & LIME

Add a fiery kick and citrusy zing to your snacking with our Chilli & Lime Makhana. Expertly roasted for a light, crispy crunch and coated in a bold blend of spicy chilli and tangy lime seasoning, these makhanas deliver an exciting burst of flavor in every bite. Free from preservatives and artificial ingredients, it's a refreshing, wholesome snack - perfect for mid-day hunger, road trips, or anytime you crave something spicy and zesty.

5. MINT MASALA

Add a refreshing twist to your snacking with our Mint Masala Makhana. Expertly roasted to a light, crispy texture and coated with a zesty blend of cooling mint and bold Indian spices, these makhanas offer a burst of flavor in every bite. Free from preservatives and artificial ingredients, it's a vibrant, wholesome snack - perfect for work breaks, evening cravings, or guilt-free munching anytime.



ALMONDS (BADAM)

Almonds (Badam) are nutrient-rich nuts known for their crunchy texture and mildly sweet flavor. They are packed with healthy fats, protein, and antioxidants, making them a popular choice for healthy snacking and cooking.

Benefits of Almonds (Badam)

- Improves brain health and memory.
- Supports heart health
- Helps control cholesterol levels
- Rich in antioxidants
- Good for skin and hair
- Helps in weight management



Nonpareil



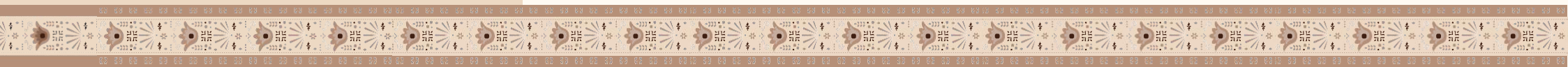
Carmel



Kashmiri



Mamra



WALNUTS (AKHROT)

Walnuts (Akhrot) are nutrient-dense nuts known for their rich, earthy flavor and crunchy texture. They are packed with healthy fats, omega-3 fatty acids, and antioxidants, making them a great addition to a balanced diet.

Benefits of Walnuts (Akhrot)

- Excellent for brain health
- Supports heart health
- Rich in Omega-3 fatty acids
- Helps reduce cholesterol levels
- Good for skin and hair



Extra Light Halves



Light Amber Halves



Amber Halves



Light Halves



Amber Halves



CASHEW

Cashews are creamy, nutrient-rich nuts loved for their smooth texture and rich taste—perfect for healthy snacking and delicious recipes.

Benefits Of Cashew

- Rich in heart-healthy fats that support overall wellness
- Good source of plant-based protein for daily energy
- Packed with essential minerals like magnesium, zinc, and iron
- Supports bone strength and immune health
- Naturally boosts energy and promotes healthy skin
- Helps maintain healthy cholesterol levels
- Supports brain function and overall cognitive health



180 Grade



210 Grade



240 Grade



450 Grade



320 Grade



Broken Grade



PISTACHIO (PISTA)

Pistachio (Pista) is a premium nut known for its rich flavor, vibrant green color, and crunchy texture. It is packed with protein, healthy fats, and antioxidants, making it a nutritious choice for snacking and desserts.

Benefits of Pistachio (Pista)

- Supports heart health
- Helps manage cholesterol levels.
- Good for eye health
- High in antioxidants
- Helps with weight management



Kerman



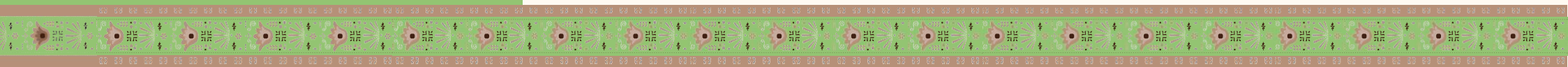
Ahmad Aghaei



Kaleh Ghouchi



Fandoghi



BETEL NUTS (SUPARI)

Betel Nuts (Supari) are hard seeds obtained from the areca palm, traditionally used in cultural practices and mouth freshener preparations. They are known for their strong flavor and are commonly used in various traditional mixtures.

Benefits of Betel Nuts (supari)

- Supports heart health
- Helps manage cholesterol levels.
- Good for eye health
- High in antioxidants
- Helps with weight management



White Variety



Red Variety



Mojha Tamul



FENNEL SEEDS

Fennel Seeds are aromatic spices with a mild, sweet, and licorice-like flavor. They are widely used in cooking and traditional remedies, known for aiding digestion and enhancing the taste of many dishes.

Benefits of Fennel Seeds

- Helps improve digestion
- Helps reduce bloating and acidity.
- Supports heart health
- Rich in antioxidants
- Helps control blood pressure
- Freshens breath



Indian Sweet Fennel



Rajasthan Fennel



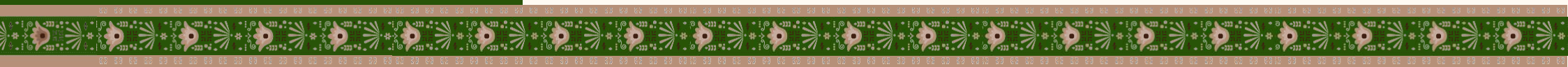
Bitter Fennel



Lucknow Fennel



Gujarat Fennel



A vibrant collage of various spices. In the top left, a wooden bowl holds green cardamom pods. To the right are bright red chili peppers. Below the cardamom are yellow turmeric roots. In the center, several large green bay leaves are visible. To the right of the bay leaves are several whole nutmegs. In the bottom right, a wooden bowl contains saffron threads. The bottom left features several cinnamon sticks. The word "SPICES" is written in a large, bold, brown font across the center of the image.

SPICES

GREEN CARDAMOM

Green cardamom from Idukki, Kerala is celebrated for its exceptional quality, vibrant green color, and intense aroma. The region's unique climate and rich soil in the Western Ghats create ideal conditions for cultivating this premium spice.

Key Features

100% Natural & Pure

Sourced from the finest farms, our green cardamom is completely natural, chemical-free, and carefully selected to maintain exceptional purity and premium quality.

Strong Aroma & Fresh Flavor

Every pod is packed with a rich, refreshing aroma and authentic flavor that enhances the taste of tea, sweets, biryani, and gourmet recipes.

Cleaned, Graded & Uniform Size

Each batch undergoes strict cleaning and precise grading to ensure consistent color, size, and appearance for superior product presentation.

Custom Packaging Options

Available in 50 g, 100 g, 250 g, 1 kg, and bulk export bags, offering flexibility for retail shelves, wholesale supply, and international shipments.

Ideal for Food, Beverages & Export Markets

Perfect for households, restaurants, sweet makers, tea brands, and global buyers seeking premium-grade Indian Green Cardamom.

Aroma-Locked Packaging

Sealed with advanced freshness-protection technology to preserve aroma, flavor, and quality from farm to final destination.



Types of Green Cardamom



6 MM

Our 6mm Green Cardamom has medium-sized pods and a very good aroma and green color, and it is a perfect article to be sold in the retail market as well as to be consumed on a day-to-day basis. These pods are carefully chosen based on their uniformity and freshness to provide a high level of natural fragrance and deep taste to teas, coffees, desserts, curries, and spice blends.



8 MM

Our 8mm Green Cardamom is the highest quality grade, and it has extra-large pods, which have an exceptionally rich, bold, and highly aromatic profile. Having been selected carefully in terms of size, color, and freshness, these best pods are particularly valued in luxury sweets.



9 MM

The 9mm super premium-grade green cardamom is treasured for its very big pod size, rich green color, and strong natural fragrance. Selected with great care among the finest plantations, this elite elaiichi is pure, flavorful, and attractive to the eye. Its essential oils are very rich, and it is ideal as a luxury gift, in gourmet desserts, in signature drinks, and in top-end culinary preparations.

7 MM



Our 7mm Green Cardamom has large pods of premium size that are known to have a rich, bold, and very aromatic taste. Being hand-picked for high quality, these large colorful green pods are the best choice when it comes to sweets and high-quality restaurants, as well as high-end cuisine.

8 MM (BOLD)



We have 8.5 mm (BOLD) green cardamom that is a super premium export grade with large, bold, and uniform green pods, which are in high demand due to their excellent look and high purity. These exceptional pods provide a sheer, strong fragrance and natural abundance of flavors.

BLACK PEPPER

Rich, Robust, and Naturally Powerful Taste perfection with every pinch. Choose health, choose taste, choose Prosperra Grains & Nuts.

Benefits Of Black Pepper

- Improves Digestion
- Boosts Immunity
- Enhances Nutrient Absorption
- Acts As a Natural Antioxidant
- Supports Weight Management
- Improves Respiratory Health
- Anti-Inflammatory Properties
- Enhances Skin Health
- Good for Brain Function
- Helps Maintain Blood Sugar Levels



550 G/L



580 G/L



600 G/L



630 G/L



Extra Bold



Bold



RED CHILLI

Red chilli is a widely used spice obtained by drying ripe chilli peppers. It is known for its pungent flavor, bright red color, and strong aroma. India is one of the largest producers and exporters of dry red chilli in the world.

Benefits Of Red Chilli

- Boosts metabolism and supports weight management.
- Improves digestion
- Rich in vitamins A and C and antioxidants
- Helps strengthen the immune system
- Supports heart health
- Anti-inflammatory properties



Guntur Chilli



Byadgi Chilli



Kashmiri Red Chilli



Teja S17 Chilli



Bhut Jolokia



Mathania Chilli



TURMERIC (HALDI)

Turmeric (Haldi) is a bright yellow spice known for its earthy flavor and powerful health benefits. It is widely used in cooking and traditional remedies for its natural anti-inflammatory and antioxidant properties.



**Salem
Turmeric**



Erode Turmeric



**Rajapuri
Turmeric**



Nizamabad



Alleppey Finger



Madras Turmeric

Benefits Of Turmeric

- Turmeric is widely used in food, medicine, and cosmetics.
- Powerful anti-inflammatory properties
- Rich in antioxidants
- Helps boost immunity.
- Supports digestive health
- May help reduce joint pain
- Improves skin health
- Helps in wound healing

CUMIN SEEDS

Cumin Seeds are aromatic spices known for their warm, earthy flavor and strong fragrance. They are widely used in cooking and spice blends to enhance taste and support healthy digestion.

Benefits Of cumin

- Improves Digestion
- Rich in Antioxidants
- Boosts Immunity
- Supports Weight Management
- Promotes Heart Health
- Helps Control Blood Sugar
- Rich in Iron
- Reduces Bloating
- Supports Skin Health
- Detoxifies the Body



**European
Quality**



**Gulf
Quality**



**Singapore
Quality**



BLACK CARDAMOM

Black Cardamom is a bold and aromatic spice known for its smoky flavor and strong fragrance. It is widely used in Indian cuisine to enhance curries, rice dishes, and traditional recipes.



Benefits Of Black Cardamom

- Helps improve digestion
- Supports respiratory health
- Helps reduce blood pressure
- Rich in antioxidants
- Helps detoxify the body
- May help in oral health



Seremna



Ramsey



Golsey



Sawney



Varlangey



CINNAMON STICK

Cinnamon Stick is a naturally sweet and aromatic spice known for its warm flavor and rich fragrance. It is widely used in desserts, beverages, and savory dishes to add depth and comforting aroma.

Benefits of Cinnamon Stick

- Helps control blood sugar levels
- Rich in antioxidants
- Supports heart health
- Helps improve digestion
- Has anti-inflammatory properties
- May help boost immunity



Ceylon Cinnamon



Cassia Cinnamon



Saigon Cinnamon



Korintje Cinnamon



BAY LEAF

Bay Leaf is a fragrant herb commonly used to add depth and aroma to soups, curries, and rice dishes. Its subtle earthy flavor enhances the taste of slow-cooked recipes and traditional cuisines.



Benefits Of Bay Leaf

- Helps improve digestion
- Supports heart health
- Helps control blood sugar levels
- Rich in vitamins A & C
- Has anti-inflammatory properties
- Supports respiratory health



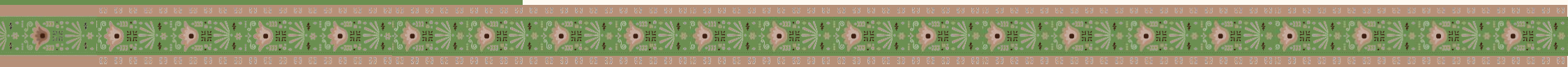
**Indian
Bay Leaf**



**Indonesian
Bay Leaf**



**Mediterranean
Bay Leaf**



CLOVES

Cloves are small, aromatic spice buds known for their strong, warm, and slightly sweet flavor. They are commonly used in spice blends, curries, and beverages to enhance both taste and aroma.

Benefits of Cloves

- Helps relieve toothache and dental pain.
- Supports digestive health
- Rich in antioxidants
- Helps boost immunity.
- Has anti-inflammatory properties
- Supports respiratory health



Madagascar Cloves



Zanzibar Cloves



Indonesian Cloves



Sri Lankan Cloves



CORIANDER SEEDS

Coriander Seeds are aromatic spices with a warm, citrusy flavor widely used in cooking and spice blends. They enhance the taste of curries, pickles, and savory dishes while also offering digestive health benefits.



Benefits of Coriander Seeds

- Helps improve digestion
- Helps control blood sugar levels
- Supports heart health
- Rich in antioxidants
- Helps reduce cholesterol
- Supports skin health



Eagle Variety



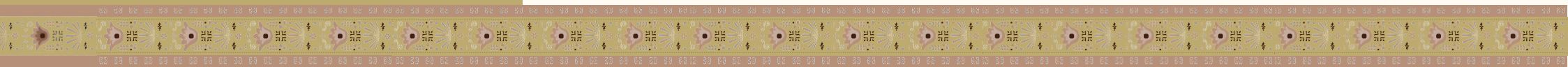
Scooter Variety



Badami Coriander



Split Coriander



STAR ANISE

Star Anise is a star-shaped spice known for its strong, sweet, and licorice-like flavor. It is widely used in spice blends, teas, and savory dishes to add a rich aroma and depth of taste.

Benefits of Star Anise

- Helps improve digestion
- Rich in antioxidants
- Supports respiratory health
- Helps boost immunity.
- Has antibacterial and antifungal properties



**Chinese
Star Anise**



**Vietnamese
Star Anise**



Indian Star Anise



MACE

Mace is a delicate, aromatic spice derived from the outer covering of nutmeg. It has a warm, slightly sweet flavor and is used to enhance the taste of both savory dishes and desserts.

Benefits of Mace

- Helps improve digestion
- Rich in antioxidants
- Supports brain health
- Helps reduce inflammation
- Supports heart health



Indian Mace



Sri Lankan Mace



Indian Star Anise



GRAINS & DAL

ARHAR DAL (PIGEON PEA)

Toor / Arhar Dal (Pigeon Pea) is a popular and nutritious lentil widely used in Indian cooking. It is rich in protein and essential nutrients, making it a staple ingredient in many wholesome and flavorful dishes.

Benefits of Pigeon Pea

- Rich source of plant protein
- Helps improve digestion
- Supports heart health
- Helps control blood sugar levels
- Good source of energy and nutrients



**Asha
(ICPL 87119)**



UPAS 120



Bahar



Marut



Pusa 992

MASOOR DAL (RED LENTIL)

Masoor Dal (Red Lentil) is a nutritious and quick-cooking lentil known for its mild, earthy flavor. It is rich in protein, fiber, and essential nutrients, making it a popular choice for healthy and comforting meals.

Benefits of Red Lentil

- High in protein and fiber
- Helps in weight management
- Supports heart health
- Good for digestion
- Helps maintain healthy blood sugar levels



Pusa Masoor



HUL 57



Malika



KLS 218



Pant Masoor

URAD DAL (BLACK GRAM)

Urad Dal (Black Gram) is a nutritious lentil known for its rich flavor and creamy texture when cooked. It is widely used in Indian cuisine to prepare dishes like dals, batters, and traditional recipes.

Benefits of Black Gram

- High in protein and fiber
- Helps in weight management
- Supports heart health
- Good for digestion
- Helps maintain healthy blood sugar levels



PU 31



LBG 20



Pant U 19



T9



Azad Urd



RICE

Rice is one of the most widely consumed staple grains in the world, known for its mild flavor and versatility. It is a rich source of carbohydrates and forms the base of many traditional and everyday meals.

Benefits of Rice

- Good Energy Source
- Easy to Digest
- Gluten-Free
- Supports Heart Health
- Provides Essential Nutrients



Basmati



Non-Basmati



A collection of healthy food products including rice, chia seeds, and wheat. The image features a wooden bowl of white rice, a wooden bowl of chia seeds with a wooden scoop, a glass jar of chia seeds, and a burlap sack of rice. There are also some wheat stalks and green leaves scattered around. The text "HEALTHY PRODUCTS" is overlaid in the center.

HEALTHY PRODUCTS

PSYLLIUM HUSK (ISABGOL)

Psyllium Husk (Isabgol) is a natural dietary fiber derived from the seeds of the Plantago plant. It is widely used to support healthy digestion and promote regular bowel movements.

Benefits of Psyllium Husk (Isabgol)

- Helps relieve constipation.
- Supports digestive health
- Helps control cholesterol levels
- Supports blood sugar management
- Helps in weight management



Psyllium Husk



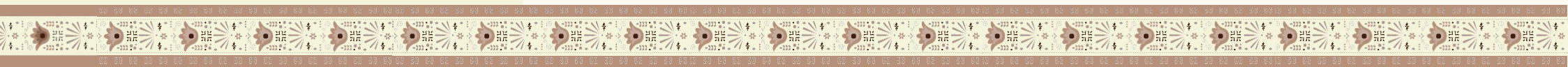
Psyllium Husk Powder



Psyllium Industrial Grade



Psyllium Seeds



CHIA SEEDS

Chia Seeds are tiny nutrient-dense seeds known for their mild flavor and powerful health benefits. Rich in fiber, protein, and omega-3 fatty acids, they are a great addition to smoothies, breakfast bowls, and healthy snacks.

Benefits of Chia Seeds

- Rich in Omega-3 fatty acids
- Supports heart health
- Helps improve digestion
- Helps in weight management
- Provides energy and nutrients



Black Chia Seeds



White Chia Seeds





THANK YOU

CONTACT US NOW FOR THE BULK SUPPLY ORDERS



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