



# Nutsbhog

**NUTS TO TRUST**



**HOME  
DELIVERY**

**CUSTOMIZED  
HAMPERS**



**WHOLESALE  
PRICES**

**CORPORATE  
ORDERS**



# Our Story

Since 1975

Our journey began over 50 years ago when our grandfather, **Shri Mohandas Kanhaiyalal**, founded our family's wholesale business in premium dry fruits and spices. Driven by a deep commitment to quality, authenticity, and integrity, he personally sourced every product and earned the unwavering trust of countless customers. The next generation carried this legacy forward, further strengthening our reputation and values through their dedication and hard work.

Today, we honor both their legacies as the third generation. We proudly continue the success of Mohandas Kanhaiyalal's established offline operations while simultaneously launching our **new retail brand: Nutsbhog**.

NutsBhog, a brand of M/s Mohandas Kanhaiyalal Dry Fruits & Spices, is where tradition meets innovation and passion meets perfection. Welcome to the next chapter of our family's legacy, crafted with decades of expertise and delivered to you with quality in every bite.

## Why Nutsbhog?

Choose us because we deliver not just products, but trust, tradition, and unmatched quality in every pack.



## Pistachio

Pistachios are packed with fiber, antioxidants, potassium, and vitamin B6. Their properties include anti-cholesterolemic, anti-inflammatory, and gut-regulating effects. They aid in weight management, blood sugar control, and eye health, while promoting digestive wellness.

## Almonds

Almonds are a rich source of vitamin E, magnesium, calcium, and healthy fats. They possess antioxidant, anti-inflammatory, cardioprotective, neuroprotective, and skin-enhancing properties. Regular consumption supports cholesterol balance, blood sugar regulation, bone strength, and cognitive clarity.



# Walnuts

Walnuts are an excellent source of omega-3 fatty acids, polyphenols, and manganese. They offer neuroprotective, anti-inflammatory, and heart-supportive benefits. Walnuts enhance brain function, reduce oxidative stress, and support healthy aging and emotional balance.



# Cashew

Cashews contain abundant copper, magnesium, phosphorus, and plant-based protein. They exhibit anti-anemic, bone-strengthening, and immune-boosting effects. Cashews may help improve metabolism, nerve function, and skin vitality, while supporting cardiovascular health.

# Black Raisins

Black raisins are a natural source of iron, calcium, and antioxidants, known for their ability to purify blood, support skin clarity, and aid digestion. Their deep sweetness and therapeutic properties make them a timeless remedy for anemia, fatigue, and hormonal balance.



# Golden Raisins

Golden raisins are rich in potassium, fiber, and natural sugars, offering gentle support for heart health, bone strength, and energy metabolism. Their sun-dried glow and soft texture make them a nourishing choice for daily vitality and graceful aging.



# Dates

Dates contain high levels of fiber, potassium, magnesium, and natural sugars. They exhibit anti-diabetic, anti-inflammatory, and energy-boosting effects. Dates promote brain health, hormonal balance, and help regulate blood pressure and cholesterol.



# Munakka

Munakka, the Ayurvedic cousin of raisins, is revered for its cooling, expectorant, and digestive properties. Packed with iron, fiber, and antioxidants, it helps relieve constipation, soothe dry cough, and restore gut balance, making it a staple in traditional healing.





## Figs (Anjeer)

Figs are abundant in dietary fiber, calcium, and prebiotics. Their benefits include anti-ulcer, anti-constipation, and bone-strengthening properties. Figs support gut health, metabolic balance, and may aid in blood sugar regulation and skin nourishment.

## Apricots (Khurmani)

Apricots are rich in vitamin A, beta-carotene, and potassium. They offer eye-protective, skin-rejuvenating, and antioxidant-rich benefits. Apricots help improve digestion, immunity, and support cellular repair and hydration.



# Pine Nuts

Pine nuts are delicate kernels of magnesium, zinc, and healthy fats, known for their role in enhancing brain function, heart health, and metabolic balance. Their buttery texture and rare elegance elevate both gourmet cuisine and nutritional wellness.



# Pecan Nuts

Pecans are rich in vitamin E, fiber, and plant sterols, offering powerful support for cholesterol control, skin rejuvenation, and cognitive clarity. Their luxurious crunch and antioxidant profile make them a refined choice for mindful indulgence.



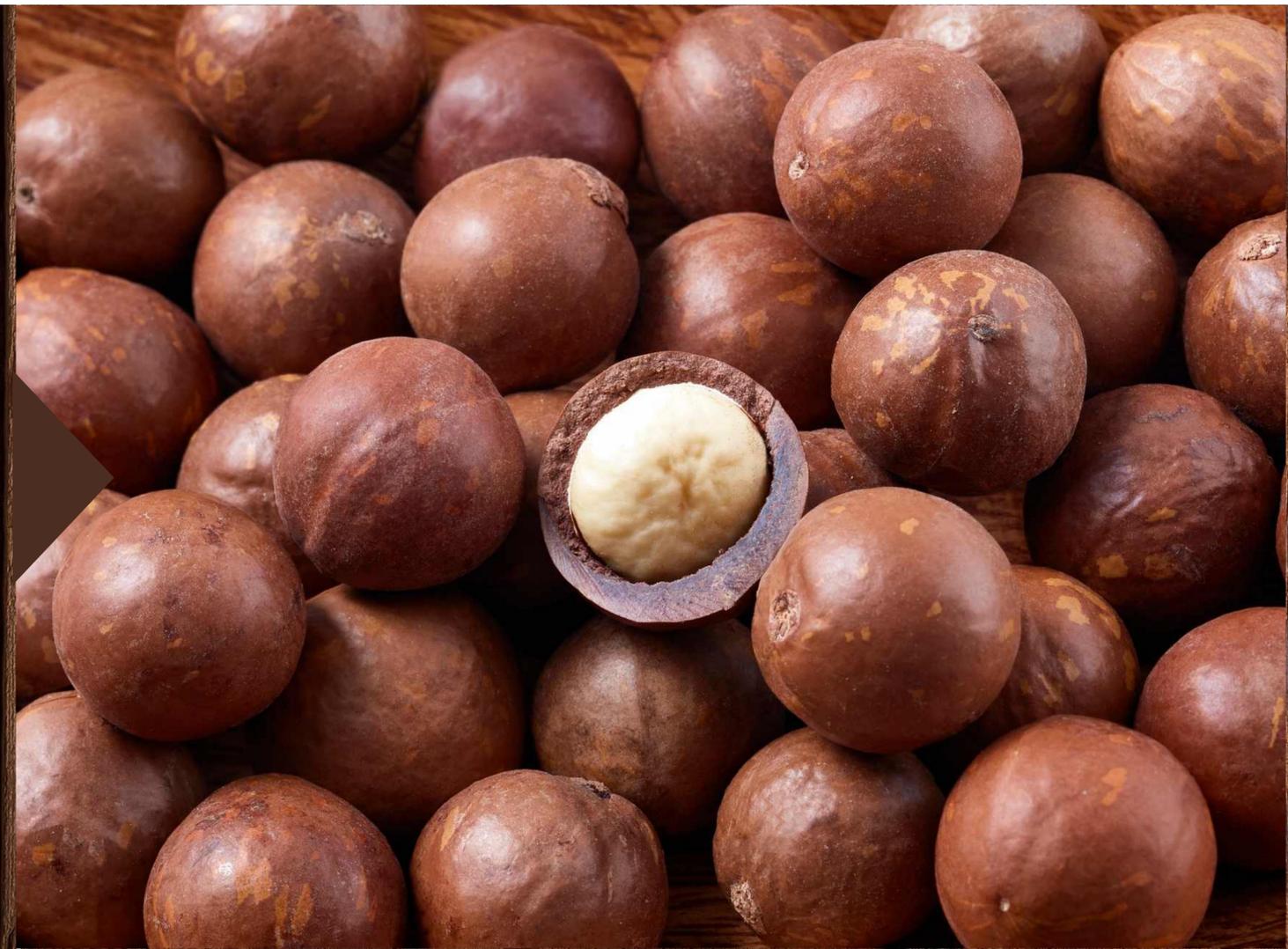
# Hazel Nuts

Hazelnuts contain high levels of vitamin E, folate, and healthy fats. Their properties include cardioprotective, skin-enhancing, and antioxidant-rich effects. Hazelnuts support muscle function, cognitive health, and help maintain cholesterol balance.



# Macadamia Nuts

Macadamia is rich in heart-healthy monounsaturated fats, fiber, and antioxidants, macadamias support cardiovascular wellness, aid weight management, and promote sustained energy. Their buttery taste makes them a nourishing indulgence that blends luxury with health.



# Fox Nuts (Makhana)

Fox nuts are light, airy pearls of calcium, protein, and antioxidants, revered in Ayurveda for their cooling, digestive, and anti-aging properties. Ideal for fasting and daily snacking, they offer a gentle crunch with profound wellness.



# Breakfast Mix

A sacred blend of premium nuts, fruits, and seeds, Breakfast Mix is crafted to nourish body and mind. Rich in plant protein, antioxidants, and essential minerals, it boosts energy, strengthens immunity, and supports heart and digestive health. A perfect harmony of tradition and modern nutrition to begin your day with purity and vitality.

# Dried Fruits



Pineapple



Kiwi



Prunes



Mango



Turkel Apricot



Mixed Dried Fruits

# Dried Berries



Cranberry



Blueberry



Strawberry



Cherry



Black Berry



Mixed Dried Berries

# Seeds



Nigella seeds (Kalonji)



Chen Seeds



Basil Seeds (Sabja)



Flax Seeds (Alsi)



Watermelon Seeds



Muskmelon Seeds

# Seeds



Sesame Seeds (Til)



Poppy Seeds (Khas khas)



Pumpkin Seeds



Melon Seeds



Quinoa Seeds



Roasted Mixed Seeds

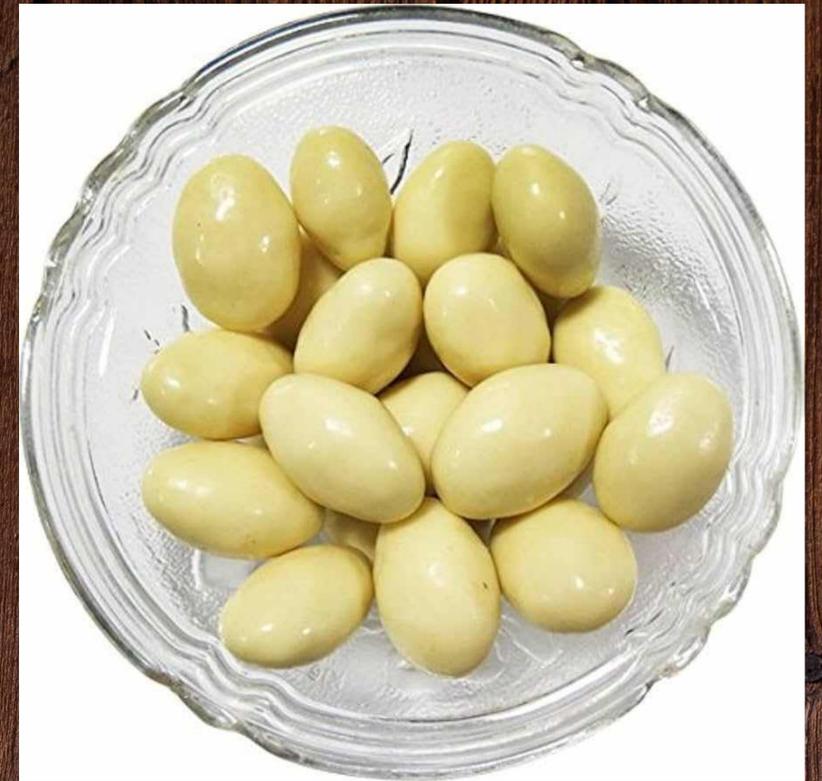
# Our Speciality



Panch Ratna



Dark Chocolate Almond



White Chocolate Almond



Black Pepper Cashew



Paan Kishmish



Chocolate Dates

# Customised Gift Hampers





# Spices



## Saffron (Kesar)

Saffron is revered as “red gold”, rich in antioxidants, crocin, and safranal. It offers anti-inflammatory, mood-enhancing, and skin-rejuvenating properties. Used in Ayurveda for mental clarity, PMS relief, and digestion, saffron elevates both culinary elegance and emotional wellness.

## Green Cardamom (Choti Elaichi)

Cardamom is a fragrant powerhouse of essential oils, antioxidants, and minerals. It supports heart health, oral hygiene, and digestive balance, with antimicrobial, anti-ulcer, and detoxifying effects. A staple in Indian rituals and sweets, it blends flavor with healing.



# Asafoetida (Hing)

Asafoetida is a potent resin known for its carminative, antiviral, and anti-inflammatory properties. Rich in sulfur compounds, it aids in digestion, respiratory relief, and menstrual comfort. Used in Ayurvedic medicine for flatulence, bronchitis, and gut cleansing, hing is both culinary and curative.



# Clove (Laung)

Cloves are dried flower buds packed with eugenol, antioxidants, and antiseptic compounds. They offer oral protection, blood sugar regulation, and liver support, with antibacterial and anti-cancer benefits. A symbol of warmth and immunity, cloves are used in teas, rituals, and healing blends.



## Cinnamon (Dalchini)

Cinnamon is a bark-based spice rich in polyphenols and cinnamaldehyde, known for its anti-diabetic, anti-inflammatory, and heart-protective effects. It helps regulate blood sugar, reduce cholesterol, and enhance metabolism, making it a timeless ingredient in both Ayurveda and global wellness.

## Long Pepper (Pippali)

Long pepper is an ancient spice with alkaloids, essential oils, and piperine, offering respiratory, digestive, and cognitive benefits. Used in Ayurveda for cold relief, asthma, and gut stimulation, it's a key ingredient in Trikatu and Rasayana formulations.



# Jaggery (Gud)

Jaggery is an unrefined sweetener rich in iron, magnesium, and antioxidants. It supports digestion, detoxification, and immunity, with benefits for anemia, menstrual health, and energy balance. A sacred offering and daily tonic, jaggery bridges tradition and nourishment.



# Misri (Rock Candy)

Misri is crystallized sugar known for its cooling, soothing, and digestive properties. Used in Ayurvedic formulations like Sitopaladi Churna, it helps relieve cough, acidity, and internal heat. A gentle sweetener for rituals, remedies, and refreshment, misri is both functional and sacred.



# Others



Dried Mango (Amchoor)



Turmeric (Haldi)



Rock Salt (Sendha Namak)



Dry Ginger (Saunth)



Red Chilli (Laal Mirch)



Black Salt (Kala Namak)

# Others



Black Pepper (Kali Mirch)



Bay Leaf (Tej Patta)



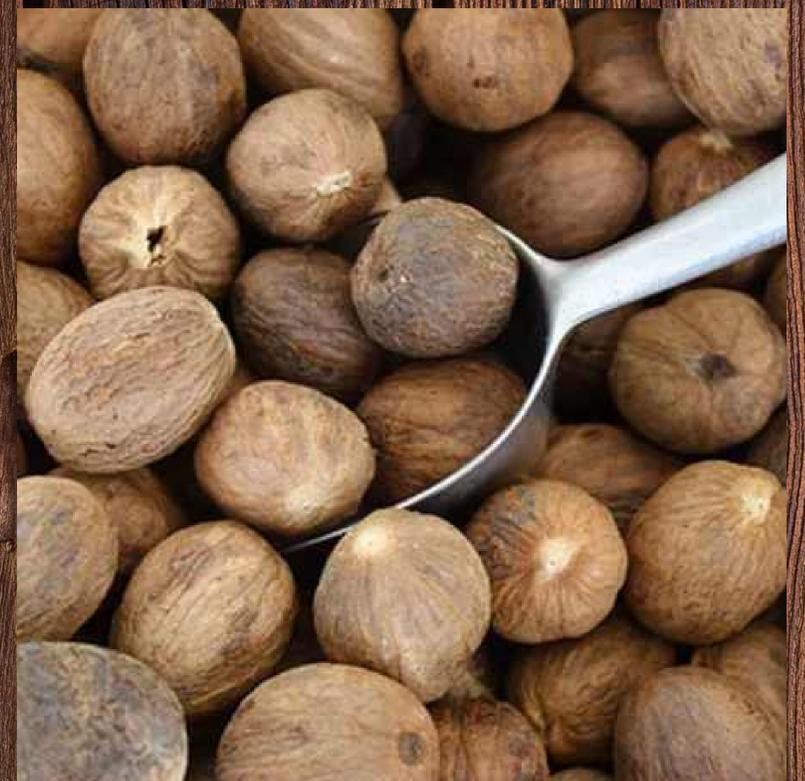
Kasuri Methi (Fenugreek Leaves)



Mace (Javitri)



Star Anise (Chakra Phool)



Nutmeg (Jaiphal)

# Others



Fennel Seeds (Sauf)



Carmin Seeds (Jeera)



Mustard Seeds (Rai)



Coriander Seeds (Dhaniya)



Carom Seeds (Ajwain)



Fenugreek Seeds (Methi)

# Others

1. *Peanuts*
2. *Brazil Nuts*
3. *Dry Dates (Chawara)*
4. *Singhara*
5. *Pooja Badam*
6. *Garam Masala*
7. *Mordhan*
8. *Rajgira*
9. *Coconut (Khopra)*
10. *Sabudana*
11. *Fitkari*
12. *Ashwagandha*
13. *Kamarkas*
14. *Musli*
15. *Shatavari*
16. *Paneer dodi*
17. *Amba Haldi*
18. *Anardana*
19. *Suhaga*
20. *Chabaila*
21. *Reetha*
22. *Shikakai*
23. *Chole*
24. *Chane*
25. *Rajma*
26. *Imli*
27. *Amla*
28. *Cornflour*
29. *Kamal gatta*
30. *Sindoor*
31. *Roli*
32. *Guggul*
33. *Aanti*
34. *Janeu*
35. *Gond Katira*
36. *Gond Dhavada*



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