

NATURALLY PAHADI RANGE OF PRODUCTS

Marketed exclusively by : Ajna Global solutions

CATEGORY : ARTISANAL FLOURS

1. Himalayan Amaranth Flour
2. Himalayan Barley Flour
3. Himalayan Buckwheat Flour
4. Himalayan Diabetic Gluten Free Flour
5. Himalayan Five Grain Flour
6. Himalayan Masa Harina (Nixtamalized Corn Flour)
7. Himalayan Ragi Flour
8. Himalayan Sprouted Ragi Flour
9. Himalayan Red Rice
10. Himalayan Pre-Soaked Barnyard Millet

	1.
ITEM #	NP-3-01-950g
DESCRIPTION	Himalayan Amaranth Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	3.35
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	Amaranth Roti: Knead amaranth flour with warm water & salt. Roll into rotis, cook on tawa till golden. Amaranth Pancake: Mix flour, mashed banana, jaggery & milk. Cook batter on pan, serve with honey/fruits. Amaranth Halwa: Roast flour in ghee, add water/milk & jaggery. Cook with cardamom till thick.
USP OF PRODUCT	Amaranth helps in Boosting strength and energy Aids digestion & satiety Supports bone & blood health Great for gluten-free diets



NATURALLY PAHADI

START YOUR DAY WITH THE WHOLESOME GOODNESS OF

HIMALAYAN AMARANTH FLOUR.

Himalayan Amaranth Gluten-Free Flour (Rajgira) by Naturally Pahadi.



ORDER NOW

naturallypahadi.com

	2.
ITEM #	NP-3-08-950g
DESCRIPTION	Himalayan Barley Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	1.96
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	Rotis: Blend with other flours for soft, hearty flatbreads. Baking: Add to cookies, muffins, or pancakes for a nutty boost. Porridge: Cook with milk/water for a nourishing breakfast. Soups: Use as a thickener for added texture & nutrition. Khichdi: Mix with lentils & veggies for a wholesome meal.
USP OF PRODUCT	Barley supports digestive health, aids in weight management, and may help lower cholesterol and blood sugar levels. Additionally, it is a rich source of essential vitamins and minerals, contributing to overall health and well-being.



	3.
ITEM #	NP-3-02-450g
DESCRIPTION	Himalayan Buckwheat Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	16x1x23cm
WEIGHT (IN GMS/KG)	450 g
MOQ	330 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	2.07
PIECES/MASTER CARTON	22
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	<p>Kuttu Paratha: Mix with mashed potato, salt & water. Roll gently, cook on tawa with ghee.</p> <p>Pancakes: Combine with water or buttermilk + veggies/spices or banana & jaggery. Cook like regular pancakes.</p> <p>Soups/Stews: Add 1–2 tbsp as a natural thickener with nutty Flavors.</p> <p>Baking: Blend with amaranth/almond flour for cookies, muffins. Use flaxseed or eggs to bind.</p> <p>Noodles/Crepes: Make soba-style noodles or savoury crepes.</p>
USP OF PRODUCT	Naturally gluten-free and protein-rich, our Himalayan Buckwheat Flour is made from fruit seeds, not grains. Cold-milled to retain fiber and nutrients, it offers a nutty flavor perfect for baking, soups, noodles, and kuttu Ke paratha. A wholesome, healthy kitchen essential!



	4.
ITEM #	NP-3-03-950g
DESCRIPTION	Himalayan Diabetic Gluten Free Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	4.89
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	Use as-is for gluten-free chapatis or mix with wheat flour. Add hot water, mix, let it rest, then knead into soft dough. Rest again before rolling for softer chapatis.
USP OF PRODUCT	High in fiber and cold-milled for nutrition, this low-GI flour offers a nutty taste, steady energy, and supports weight management.



NATURALLY PAHADI

HIMALAYAN WHOLE GRAINS (DIABETIC FLOUR)

Naturally Grown & Wholegrain

High in Fiber, Good source of Protein, Low in Carbohydrates, Enriched with Minerals

CHOOSE NATURALLY PAHADI DIABETIC FLOUR FOR YOUR FAMILY'S WELL-BEING TODAY!

Himalayan Goodness for
Balanced Blood Sugar

Order Now!

naturallypahadi.com

	5.
ITEM #	NP-3-04-950g
DESCRIPTION	Himalayan Five Grain pre-diabetic Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	2.57
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	Mix with warm water and salt, knead, rest 10–15 mins, then roll into rotis using dry flour.
USP OF PRODUCT	Low-GI, fiber-rich, and cold-milled for balanced blood sugar, better digestion, and lasting energy.



NATURALLY PAHADI

WEIGHT MANAGEMENT MADE EASY !

*Himalayan Five Grain Pre-Diabetic Flour:
The Secret to Delicious & Nutritious Meals.*






ORDER NOW

naturallypahadi.com

	6
ITEM #	NP-5-05-950g
DESCRIPTION	Masa Harina Nixtamalized Yellow Corn Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	3.83
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	<p>Make the Dough: Mix 2 cups flour with 1¼ cups warm water. Knead into a soft dough. Let it rest 15 mins, covered with a damp cloth.</p> <p>Shape: Divide into balls. Flatten between parchment using a press or skillet for tortillas.</p> <p>Cook: On a hot skillet, cook each side for 30 seconds until golden spots appear.</p> <p>Enjoy: Use for tortillas, tamales, or Makki di Roti—easier to roll and digest than regular cornmeal. Use hot water for a smoother dough.</p>
USP OF PRODUCT	<p>Naturally Pahadi Masa Harina is nixtamalized yellow corn flour made from maize soaked in lime water, giving it a slight tang, better nutrition, and easy-to-shape dough. Rich in calcium and niacin, it's a wholesome gluten-free choice—perfect for tortillas, tamales, and Mexican dishes.</p>



NATURALLY PAHADI

RICH IN NUTRIENTS, FULL OF FLAVOUR !

Buy our Nixtamalized Yellow Corn Flour for healthier meals.



ORDER NOW

naturallypahadi.com

	7.
ITEM #	NP-3-07-450g
DESCRIPTION	Himalayan Sprouted Ragi Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	16x1x23cm
WEIGHT (IN GMS/KG)	450 g
MOQ	330 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	2.07
PIECES/MASTER CARTON	22
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	<p>Ragi Porridge: Mix 2 tbsp ragi flour in water, add to boiling water/milk, cook 3–5 mins. Sweeten with jaggery or add salt.</p> <p>Ragi Roti: Mix flour with warm water and salt, knead, rest, roll, and cook on a hot tawa.</p> <p>Ragi Banana Pancake: Mix ½ cup ragi flour, mashed banana, jaggery, and water/milk into a batter.</p>
USP OF PRODUCT	<p>Rich in calcium, iron, and fiber—supports bones, digestion, heart health, and is perfect for gluten-free diets.</p> <p>.</p>



	8.
ITEM #	NP-5-06-950g
DESCRIPTION	Himalayan Ragi Flour
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	2.52
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	<p>Ragi Roti: Mix flour with warm water and salt, roll into rotis, and cook on a hot tawa.</p> <p>Ragi Porridge: Mix 2 tbsp flour in water, add to boiling milk/water, cook 3–5 mins, and sweeten with jaggery..</p>
USP OF PRODUCT	<p>Strengthens bones, boosts energy, aids digestion, and suits gluten-free diets—rich in antioxidants.</p> <p>.</p>



	9.
ITEM #	NP-2-03-950g
DESCRIPTION	Himalayan Pre-Soaked Barnyard Millet
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	19X1X27.5 cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	4.05
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	<p>Millet Khichdi: Cook pre-soaked millet with dal, veggies, and mild spices.</p> <p>Millet Upma: Sauté spices and veggies, add millet, and cook until fluffy.</p> <p>Millet Porridge: Boil millet with milk/water, sweeten with jaggery or dates.</p> <p>Millet Salad: Toss boiled millet with veggies, herbs, lemon juice, and olive oil.</p> <p>Millet Tikki: Mix cooked millet with potatoes and spices, shape into patties, and shallow fry.</p>
USP OF PRODUCT	Easy to digest, better absorbed, tastier, and quick to cook.



	10.
ITEM #	NP-2-RR-950g
DESCRIPTION	Himalayan Red Rice
MATERIAL	Laminated food grain bags with 120 microns
ITEM DIMENSIONS IN CM (LXWXH)	27.5X1X19cm
WEIGHT (IN GMS/KG)	950 g
MOQ	300 pieces
VARIANTS AVAILABLE - DETAILS	1
FOB BOMBAY PORT PRICE IN USD (PER PIECE) -	3.57
PIECES/MASTER CARTON	12
MASTER CARTON DIMENSION IN CM (LXWXH)	45X35X31
CBM PER MASTER CARTON	0.0488
LEAD TIME FOR PRODUCTION	45 DAY
PRODUCT USAGE	<p>Red Rice Khichdi: Cook with moong dal, veggies, turmeric, and spices for a hearty meal.</p> <p>Red Rice Risotto: Sauté veggies, add red rice, cook with broth, and finish with herbs and lemon.</p> <p>Red Rice Salad: Mix boiled red rice with cucumber, tomato, mint, lemon juice, and olive oil.</p>
USP OF PRODUCT	Grown in Puroala, Uttarakhand, this red rice is rich in antioxidants, iron, and fiber. With a chewy texture and low GI, it supports heart health, energy, and digestion.

