



**NATURALLY  
PAHADI**

**FOR KITCHENS & CAFES**

A diverse range of premium  
organic products,  
from the lap of Himalayas,  
curated in Dehradun.



## WE ARE NATURALLY PAHADI

We are a brand that is all about conscious eating as a road to holistic health development. We believe in consuming a diversity of grains and other food products, for balanced life, without overindulgence, and wastage.

Our products hence, are made with least processing, adopting traditional methods, learned from across the globe, for enhancing flavors, taste and nutritional values, in most natural ways.

We specialize in co-creating new recipes, understanding each client's needs individually.

We believe in building strong and lasting relations based on the common love of providing healthy foods. The 3000+ farmers affiliated with the Self-Help Groups (SHGs) constitute our backbone and function as our equal partners in our collaborative efforts.





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## Naturally Pahadi for Kitchens and Cafes

Our aim is to provide flours, rice, pre-mixes, and exotic teas. This division is created to meet the demands of kitchens and cafes so that they get to access the quality associated with Naturally Pahadi products. Our services are customized to enhance efficiency, convenience and satisfaction of our partners in the food and hospitality industry.

You can expand your menu with our products. Our products will help you curate exciting recipes for your customers. We can also cater to bulk orders.





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## Infusion Teas

The flora, leaves, fruits and berries that go into the making of our blends are sourced straight from the Himalayas. They are fresh and flavourful with high healing properties which help to rejuvenate the body and nourish the soul. Our herbs infused brews are like a superfood and an amazing way to provide deep nourishment.

Our product range  
HACH CH'I, BĀĀN, RÚMUK and XÓPAN.





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Herbal Infusions

## Hach CH'I Herbal Infusion Tea

Ingredients: Lemongrass, Sea Buckthorn Berries, Blue Pea, Ginger.

- Helps in boosting immunity
- Helps in lowering hypertension
- Helps in enhancing and refreshing mood

Hach CH'I (Good Morning) is a magical mix of Lemongrass, Blue Pea, Ginger, and Sea Buckthorn, that has an intense spiced lemony aroma with woody undertones. The sourness of the first sip wake up the senses giving way to the woody mid tone ending with a mildly sweet brisk finish.





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Herbal Infusions

## BĀĀN Herbal Infusion Tea

Ingredients: Nettle, Lavender, Hibiscus.

- Helps in reducing anxiety, fatigue and bloating
- Helps in promoting better digestion

BĀĀN (Beautiful) is a magical mix of Nettle, Lavender and Hibiscus, that has a gentle aroma which is sweet and floral with earthy understones. The sweetness of the first sip gives way to the woody mid tone ending with a slight tinge of minty tartness.





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Herbal Infusions

## RÚMUK Herbal Infusion Tea

Ingredients: Ginger, Beetroot, Cinnamon, Chamomile.

- Helps in reducing stress
- Helps in improving digestion
- Promoting calmness and sleep

RÚMUK (Twilight) is a magical mix of Chamomile, Ginger, Cinnamon, and Beetroot, that has a natural sweet tones and uplifting aroma. The sweetness of the first sip leads to a mild spicy tinge leaving behind warmth and fulfilment which lingers for a while.





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Herbal Infusions

## XÓPAN Herbal Infusion Tea

Ingredients: Rosemary, Chamomile, Black Carrot, Apple, Kiwi.

- Helps to fight insomnia
- Helps to boost metabolism
- Soothing rheumatoid arthritis discomfort

XÓPAN (Dream) is magical mix of Rosemary, Chamomile, Apple, Kiwi, and Black Carrot, that has a fresh fruity aroma with a lingering woody note reminiscent of alpine wood. The fruity sweet balanced tanginess of the first sip gives way to subtle floral calmness at the end, which will leave you wanting more.







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## Flours and Rice

Naturally Pahadi's single-grain, multi-grain flours and rice are minimally processed and sourced from small farms. We use a local-traditional variety of grains that are indigenous to the Himalayan belt. The milling is done in water mills (gharats) via the cold press method which enhances the taste and preserves the nutrients.

Our flours are used to make healthy breads and Indian flatbreads. Our Red Rice is healthier option to any whole variety.

Our product range  
Five Grain Flour, Amaranth Flour (Rajgira),  
Whole Grains (Diabetic Flour), Masa Harina  
(Corn Flour), Buckwheat Flour(Kuttu), and Red Rice.





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Flours & Rice

## Himalayan Five Grain Flour

Ingredients: Only 35% Wheat, Buckwheat, Nixtamalized Corn, Barley, and Red Rice.

- Good for weight management and healthy eating
- Used to bake breads
- Milled in low RPM stone milling

Our flour is a perfect blend of 5 grains local to the Himalayan region, with only 35% wheat. The blend is mixed with other healthy grains like nixtamalized corn, Buckwheat, Barley, and little red rice. The flour has a rich amount of healthy nutrients like protein, calcium, iron, and dietary fibers and very low saturated fats which aids in living a healthier life and managing weight. Ideal for someone looking for weight management and healthy eating. The flour can be used to bake breads along with making traditional Indian flatbreads.





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Flours & Rice

## Himalayan Whole Grain Diabetic Flour

Ingredients: Only 35% Wheat, Barley,  
Nixtamalized Corn, Soybean, Garden Cress Seed.

- Helps in cardiovascular diseases
- Contains antioxidant
- Reduces inflammation

Our flour is a perfect blend of grains local to the Himalayan region and the highly nutritional seed of Garden Cress. The flour is rich in all the essential protein, dietary fiber, and has very low glycemic index making it perfect for your family's good health along with imparting extra care for people suffering from diabetes. We do not bleach the flour. We slow grind them in dedicated watermills (Gharats).





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Flours & Rice

## Himalayan Amaranth Flour (Rajgira)

Ingredients: Amaranth (Rajgira)

- Good for weight loss
- Gluten free uses: Crackers, gluten free breads

Amaranth (Chaulai in Pahadi) is one of the best source of plant-based protein. Himalayan Amaranth is milled in low RPM stone milling machine. It contains all 9 essential amino acids, high fiber, iron, selenium, and vitamin B content. It is also an excellent source of micronutrients like magnesium, and phosphorus. We do not bleach the flour. We slow grind them in dedicated watermills (Gharats).





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## Masa Harina (Corn Flour)

Ingredients: Nixtamalized Corn

Uses: Can be used in making Mexican recipes, gluten free pizza base, corn biscuits.

**Masa Harina is a type of Nixtamalized corn flour (not to be confused with corn starch)** made from dried corn kernels that are cooked and soaked in a lime solution which gives it a recognizable sour flavour. Soaking corn in lime, gives masa its earthy flavour and breaks down the structure of the grain so it can be processed. Calcium and niacin (an essential B Vitamin) more digestible and easier to absorb, thus making it a healthier option compared to normal corn flour.





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## Himalayan Buckwheat Flour (Kuttu)

Ingredients: Buckwheat (Kuttu)

- Boosting heart health
- Improving digestion
- Helps in weight management
- Helps in managing diabetes

Buckwheat (Kuttu in Pahadi) a gluten free alternative, is a fruit seed. It not only serves as a wonderful substitute for grain products, but also provide a rich, slightly nutty flavour that makes it a tasty addition to a variety of recipes and in baking. The seeds are very nutritional and an excellent source of digestible plant-based protein along with being rich in Vitamin B, trace minerals like magnesium, manganese and copper.





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Flours & Rice

## Himalayan Red Rice

Ingredients: Red Rice

- Helps in regulating blood glucose
- Good for bone health • Aids in digestion
- Promotes weight loss
- Improves your skin health

This rice, grown organically in the Valley of Purola, is a healthier option for whole rice. It is rich in healthy fibers, iron, and anthocyanin, an antioxidant that makes it highly nutritious. Its consumption can help prevent heart diseases, lower blood glucose levels, and aid in weight management. The rice has a firm and chewy texture on the outside and a soft interior when cooked.





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## Premixes

Made with love, most of our ingredients are directly sourced from the Himalayan small scale farmers and are off the purest quality.

Our Premixes / Ready-to-cook are made so you can make healthy food instantly. These products have minimal additives and better packaging to increase the shelf life.

Our product range  
Instant Barnyard Dosa,  
Instant Blueberry Barnyard - Oats Pancake and  
Instant Choco Ragi - Buckwheat Pancake.







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Premixes

## Instant Barnyard Dosa Mix

Ingredients: Barnyard Millet, Urad Dal, Moong Dal, Red rice, Salt, Fenugreek Seeds.

- Helps in blood sugar regulation
- Controls blood pressure
- Improves digestion and boosts immunity

Our overly delicious and healthier millet Dosa mix is made with 65% barnyard millet and other highly nutritional ingredients. Served with podi and peanut chutney. Millet is soaked for more than 8 hours in traditional way, before using it to make it easier to digest and break down phytic acid. It increases the bioavailability of minerals and making the grain healthier inside and giving a distinct nutty taste.





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Premixes

## Instant Blueberry Barnyard - Oats Pancake

Ingredients: Barnyard Millet Flour, Oatmeal Flour, Almond Flour, Amaranth Flour, Flaxseed Powder, Dried Blueberry, Khand (unrefined sugar), Potato Starch, Vanilla Powder, Leavening Agent (Baking Powder).

- Rich in nutrients
- Digestive Health
- Low in carbohydrates
- Gluten free
- No preservative

Our overly delicious and fluffy blueberry oats pancake instant mix is made with all the healthy ingredients. They are easy to recognize and make our pancake recipe perfect and a healthy alternative to a normal pancake, made of maida and processed refined sugar. Actual blueberry pieces, and Vanilla brings out a perfect flavor to savor. Barnyard is a major positive grain which aids in curing many health disorders.





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Premixes

## Instant Choco Ragi - Buckwheat Pancake

Ingredients: Ragi Flour, Buckwheat Flour, Dark Chocolate, Potato Starch, Khand (unrefined sugar), Almond Flour, Coconut Flour, Dried Cranberry, Flaxseed Powder, Cocoa Powder, Leavening Agent (Baking Powder).

- High in fiber and calcium
- Gluten free
- Great source of energy

Our overly delicious and fluffy choco ragi pancake instant mix is made with all the healthy ingredients. They are easy to recognize and make our pancake recipe perfect and a healthy alternative to the normal pancake, made of maida and processed refined sugar. Actual cranberry pieces, and cocoa bring out a perfect flavor to savor.





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## Naturally Pahadi for Bulk Orders

Elevate your business and brand with unbeatable value for money in bulk purchases of premium flours, red rice, premixes, and teas. Tailored deliveries cater to your specific needs, making us the ideal choice for manufacturers, caterers, and bulk buyers seeking excellence without compromise.





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**For inquiries and orders  
connect with us on  
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