



Breakfast to Dinner

# शुद्ध आहार, स्वस्थ परिवार



Product Catalogue

# About Us

"Ahaar Consumer Products Pvt. Ltd." is a well established company since 1982 manufacturing in Food products having a vast range from "Breakfast to Dinner". The company has consolidated its position in the market through introduction of complete range of high quality food Products which cater to the daily needs of a kitchen. At the same time constant effort are made for maintaining the consumer satisfaction and upgrading the company with the changing needs of the consumer.

Special emphasis is laid on the hygiene & quality starting from the raw material to the final packed product. It has a state of the art quality control laboratory situated at all the production plants. The task of balancing taste and nutrition has been successfully accomplished by providing best products. Manufactured by using quality ingredients, processed by the world's latest technology, in a very hygienic environment and packed by automatic machines in food grade packaging material to retain the freshness and quality of the product. The company has ISO 9001-2008, ISO 22000, HACCP & FSSAI certification which proves its commitment for international standards.

## Ahaar's Most Comprehensive Range

### Ahaar Super Atta

2 Kg, 5 Kg, 10 Kg



Discover the distinct flavor and aroma of Sharbati wheat from Madhya Pradesh. Discover super nourishment with Ahaar "Super Atta" -the wholemeal atta complete with fine wheat bran.

### Choker Yukt Atta

2 Kg, 5 Kg, 10 Kg



Produced from farm fresh wheat, Ahaar Atta brings you the recipe for softer & nutritious rotis which have a natural whitish colour. Through a careful monitoring Ahaar Choker Atta is kept rich in fibre contents Ahaar atta has 0% maida and 100% chakki fresh atta.

### Ahaar Punjabi Missy Atta

1 Kg



Ahaar Missy Roti Atta combines the goodness of special Rajasthani chana, MP wheat and soyabean mixed in just the right proportions in a cool grinding process-all extremely beneficial specially for diabetic.

### Ahaar Makki Atta

500 g, 1 Kg



Those wonderful winter days are here again. Relish them with Ahaar Makki Atta - made from hand picked, fine quality maize- processed & packed with the latest technology, to give you the Delicious & Appetising flavor of "makki-di-roti"



### Ahaar Iodised Salt

1 Kg



Ahaar Iodised Salt which assures purity and guarantees the right amount of iodine in the salt. Iodine helps in the proper mental development of children and prevents iodine deficiency disorders in adults. Ahaar Salt is untouched by hand

### Ahaar Besan

500 g, 1 Kg



Ahaar Besan is made from Rajasthani "Chana" selected and exclusive variety that is grinded and micro refined on a fully automatic plant. Ahaar Besan is packed with potential food value and has a great natural flavor of mouth watering recipies.

### Ahaar Maida

500 g, 1 Kg



A micro refined preparation from best grade wheat, Ahaar Maida is produced on a pneumatically controlled automatic plant which ensures optimal quality and total hygiene. Packed with the goodness of carbohydrates and proteins. Ideal for cakes.

### Ahaar Sooji

500 g



Ahaar Sooji is the secret of soft, fluffy idlis, lip-smacking halwa, upma, and crisp rava dosas. The big granules of Ahaar Sooji add that extra punch to delicacies you so lovingly prepare for your family. Absolutely husk free, made from the best quality wheat

### Ahaar Sooji Rawa

500 g



Ahaar Sooji Rawa is prepared from purely Indian parboiled rice grown by our farmers in the rice heartlands. It is used as the main ingredient of "IDLI" an all-season staple savory of South India, now relished globally. Its excellent texture helps in making soft and fluffy rava idli.

### Ahaar Roasted Daliya

500 g



Prepared from the best quality M.P. wheat, Ahaar Daliya is full of wholesome food value. Rich in carbohydrates and proteins, it is easy to digest. Ahaar Daliya comes to you hygienically packed in sealed pouches, that keep all its healthy goodness and natural flavor intact. Continental food for all age group.

### Ahaar Daliya (M.P.)

500 g



The range of Nutritious Daliya we Offer to clients have got high ratio of calcium, vitamins and iron that makes them highly nutritious and perfect for healthy living.

### Ahaar Oats Daliya

200 g



Oats Daliya is important sources of dietary fiber, vitamins, and minerals, It is also a good source of dietary fiber, manganese and magnesium. It is a hearty grain that is great in soups, including classic comfort food dishes such as vegetable barley soup.

### Ahaar Hygienic Poha

500 g



Ahaar Poha is prepared from best quality long grain rice. The taste and aroma is best and it takes only 5 minutes to cook. Serve hot with added fresh lemon & garnish with grated coconut and finally cut coriander leaves.

### Ahaar Basmati Rice

1 Kg



Each grain swells into an embodiment of taste and aroma. Ahaar Basmati Rice, A product of the sun kissed plants of North India, an irresistible variety of Basmati Rice for the connoisseur of exotic taste.

### Ahaar Rice

1 Kg



Ahaar brings to you the most special basmati rice Economy. On cooking it becomes exceptionally long fluffy and full of flavor. The result is an irresistible serving that delight everyone's heart through its appearance and taste.

### Ahaar Corn Flakes

100 g, 475 g



Ahaar Corn Flakes is a nourishing and wholesome breakfast. It is prepared from High Quality corn, with iron and 8 essential vitamins containing A, C and B-Group vitamins. It provides the balanced combination of nourishment and original corn flavor.

### Ahaar Rice Flour

1 Kg



Ahaar rice flour is obtained from thinly ground rice. It is minced from raw white rice and is used in making various tasty dishes. Rice flour acts as a healthy thickening agent in few refrigerated recipes, it gives the dishes smooth consistency.

### Ahaar Chiwra Mixture

160 g



Ahaar Hygienic Chiwra Mixture is made from high quality Beaten Rice, Corn Flakes, Black Gram and Tasty Spices which gives an Appetizing Taste to serve instantly to the Guests.

### Roasted Murmure Mixture

160 g



Ahaar Rosted Murmure Mixture is the Perfect Snack to serve. Mixture of Puffed Rice, Corn Flakes and Tasty Spices gives an Mouth Watering Taste. Serve it with Tea or Cold Drinks.

### Ahaar Murmure

100 g



Puffed rice from Ahaar is Gluten Free and prepared from the best quality organic rice. This puffed rice is prepared by heating rice kernel in presence of steam by a special method. It is known as murmura and used to make bhel-puri or homemade snacks.

## Ahaar's Healthy Flours

### Ahaar Chana Flour

200g



Ahaar Chana flour is an excellent source of natural Magnesium, Proteins and fibre. It combined with Ahaa Super Atta to improve the healthfulness of your baked goods. Also used as a natural thickener in soups and curries.

### Ahaar Barley Flour

200g



Ahaar Barley flour is used to prepare breads such as barley breads. Barley is very healthy grain, rich in vitamins, minerals and also high in fibre with health benefits.

### Ahaar Soya Flour

200g



Ahaar Soya Flour is rich in proteins, helps in growth of our body. One should use protein rich flour like Ahaar Soya flour in their daily diets.

### Ahaar Oats Flour

200g



Each grain swells into an embodiment of taste and aroma. Ahaar Basmati Rice, A product of the sun kissed plants of North India, an irresistible variety of Basmati Rice for the connoisseur of exotic taste.

### Ahaar Kuttu Atta

200g



Ahaar Kuttu ka atta is extracted from a fruit seed of Fagopyrum esculentum plant. This gluten free flour is cultivated as a grain like seed. Buckwheat flour is basically a pseudocereal, which is rich in protein, fiber, antioxidants, vitamins and minerals. What makes it a fad among weight watchers is its low calorie content.

### Ahaar Singhara Atta

200g



Ahaar Singhara Atta is flour made from water chestnut seeds. It is widely used in fasting in the Northern part of India. It is gluten-free with a glycemic index of 60. Singhara Atte ki Poori and Halwa is consumed when fasting, especially during Navratra. Singhara has antioxidant property. Singhara atta is high in fibre.

## Ahaar's Premium Pulses

### Ahaar Arhar Dal

500g, 1 Kg



Arhar dal is also known as toor dal. It is rich in protein, potassium, phosphorus, magnesium and calcium. Arhar dal/toor dal is a pulse which is a part of culture in India and most widely consumed pulse crop, it is medium sized, without polish dal having very pleasing taste.

### Ahaar Chana Dal

500g, 1 Kg



Chana dal is baby chickpeas that have been split and polished. It looks and tastes like small kernels of sweet corn. These lentils have a sweet and nutty taste. Chana dal is delicious, nutritious and easily digested. It is a good source of dietary fibre and includes an insignificant amount of polyunsaturated fat

### Ahaar Rajma Chitra

500g, 1 Kg



Ahaar Rajma Chitra (kidney beans) pulses are low in fat and cholesterol, high in dietary fiber and rich in protein, making them an excellent heart healthy food choice with established health benefits. It is very high in protein content and delicious and nutritious.

### Moong Dal Washed

500g, 1 Kg



Ahaar moong dal washed is processed from organic moong whole by dehushing the whole bean and splitting the whole moong bean in two parts. It is machine cleaned and handpicked, before packing to ensure its purity and hygiene, which is healthier, tastier and cooks uniformly.

### Ahaar Black Gram

500g, 1 Kg



Ahaar Black Chana is a good source of protein. Essential in every household, Ahaar Black Chana is unpolished as it does not undergo any artificial polishing with water, oil or leather thereby retaining its goodness and wholesomeness.

### Ahaar White Matar

500g, 1 Kg



Ahaar's white peas are also known as vatana in some parts of India, mainly grown and harvested from north India and some parts of west India. White peas are machine cleaned and handpicked, before packing to ensure its purity and hygiene, which is healthier, tastier and cooks uniformly

## Our Other Range of Premium Pulses

- Urad Dal Wash
- Urad Dal Chilka
- Urad Dal Whole
- Moong Dal Whole
- Moong Chilka
- Lobhia White
- Malka Red Dal
- Masoor Black Dal
- Rajma Sharmili
- Kabuli Chana
- Mix Shahi Dal

## We Manufacture All Kinds of Dehydrated Vegetables and Powders

### Ahaar Carrot Flakes



Dried Carrot powder or Flakes are rich in taste. It's sweetness is completely natural, healthy and no added artificial flavour and preservatives. Carrot Powder is naturally rich in Thiamine, Vitamin B6 and dietary fibre, Vitamin A, Vitamin K and Potassium.

### Ahaar Cabbage Flakes



We use pure quality of Cabbages in the preparation of these flakes and hygienically process these products which are free harmful additives and ensure freshness. These are used in ethnic food preparations, dry soup mixes, food service & fast foods and can easily carried while camping as well.

### Ahaar Corn Grit



Corn Grits or corn meal are small broken grains of corn. It is produced from degerminated corns, widely used by snack food Industry.

### Ahaar Gram Grit



Gram grits are produced as coarse, medium and fine ground grains from dried gram, it is a gram flour used in Extruded snacks and fried namkeens.

### Ahaar Rice Grit



Rice Grits or rice meal are made from selected sorted rice, this rice SOOji is used in extruded snacks (like kurkure, bingo, takatak) and many south Indian dishes.



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