

Your Store
For the Finest
Quality Ingredients
NUTS, SEEDS
& DRIED FRUITS

# **ABOUT US**

Kimera Home is a Retail and Online initiative with a vision to proffer the finest quality Home & Lifestyle products at affordable prices & your convenience.

Our products are handpicked to hearten your lifestyle with health and happiness. In the era of eco-friendly and nature-conscious consumers, we intend to deliver a delightful experience with an inherent sense of authenticity. Our superior quality products are chosen by our team of experts from their personal experience, with contemporized age-old wisdom and inputs from several homemakers and kitchen experts.

We value trust and honesty, that enable us to build lifetime relationships with our customers. We make sure that our products and ingredients are responsibly sourced, put through rigorous trials with zero compromise on quality. Endless hours and efforts are spent on selecting and curating our products, taking root in our culture, constantly evolving to modern day needs, to enjoy every occasion of life!

# **OUR VALUES**

Living the KIMERA LIFE by ...

- Creating the culture of true love, care & mutual trust.
- Giving our best efforts in everything we do with passion and the highest level of commitment to quality.
- Striving for the best, with an evolving mindset, being curious and exploring new horizons, while holding on to our roots.
- Leading a life with dignity and respect, while caring for mother earth.
- Success & performance follows when you are benevolent, remaining true to human values.





# **OUR VISION**

Nurturing Happy Lifestyles.

Life is good, and our endeavor is to make it even better, for greater good of people.

Kimera Home started with a living dream to celebrate life, connecting people and help them lead a healthy & happy lifestyle!

Authentic relationships and genuine contributions to the community at large is our core belief and hence, every customer, sourcing partner, business associate and our employees are a part of our family in our shared success.

Get to know us and you will see, we are so much more than what we just offer and sell. We ensure that everything we do is through the lens of humanity-from our commitment to the highest-quality products, to the way we engage with our customers and communities to do good.

# **OUR MISSION**

To nurture happy lifestyles through our initiatives and every product that we select, endorse, and offer to our family members, partners & community.



# **NUTS, DRY FRUITS** & SEEDS

We offer you superior quality and handpicked nuts and dry fruits which are specially selected, for you to include in your daily diet to get amazing health benefits and nutrients.

A great option for munching and snacking, add it to your cereal bowl for a crunch, mix it with yogurt and salads.

ENJOY it the way you like!



# ALMONDS •



Premuim Alomond California, Almond California Almond Mamra, Almond Giri, Roasted Almond

A bright white fruit wrapped in reddish brown cover. Used in wide range of preparations for adding crunch, nutty flavour, creamy and rich texture both in sweet and savoury dishes.

### **Features**

- · Rich in B-complex vitamins
- · Good for brain health
- · Balances cholesterol levels
- Good for heart
- · Antioxidant properties (Vitamin E)

- · Low glycemic index
- · Good for skin and hair
- · Helps in weight loss
- · Strengthens bones
- · Contains protein, magnesium, calcium, iron, fiber and potassium



# **PISTACHIO**



Premium Pistachio & Pistachio (Salted)

A great option for guilt-free snacking with an amazing nutty flavor. Packed with nutrients and energy. Use it in your sweet dishes, chocolates, ice-creams, salads, etc.

- · Anti-aging
- · Cardiovascular protection
- · Helps lower blood sugar levels
- · High in fiber
- · Reduces cholesterol
- · Good source of copper, phosphorus, potassium and magnesium
- Anti inflammatory
- Helps in digestion
- · High in antioxidants
- · Manages stress
- · Rich in vitamin B
- · Improves eye health and dry skin



CASHEW Cashew W180 / W240, Cashew Pakoda, Cashew Salted, Cashew Peri Peri, Cashew Schezwan, Cashew Barbeque, Cashew Paneer Tikka & Cashew Pepper

Delicious and Crunchy cashews with a slightly sweet taste. Packed with energy, antioxidants, minerals and vitamins. Use it in your biryani, desserts, rich gravies, ice-creams, baked goods, etc.

### **Features**

- Protects eyes
- · Contains protein
- Improves blood
- Contains minerals
- · Assists metabolism function
- Long lasting energy
- · Heart friendly
- Aids digestion
- · High in vitamins
- · Prevents cancer



# **WALNUTS**

Loaded with nutrients, walnuts are a great source of unsaturated fats, protein and dietary fiber. Consume it as a snack, add it to breakfast cereal, brownies, smoothies, salads, soups and Enjoy!

### **Features**

- · Helps manage weight
- · Controls diabetes
- · Reduces inflammation
- · Improves bone health
- · Improves heart function
- · Prevents cancer
- · Improves skin
- · Helps with metabolism
- · Good for brain health



# **DATES WET**



# ■ Kalmi & Medjoul

A natural sweet treat with numerous health benefits. Rich source of iron and antioxidants. Consume it daily as it is, make authentic chutneys, use it as a replacement for sugar, add it to your smoothies and Enjoy!

### **Features**

- · Provides bone strengthening minerals
- · Natural energy booster
- · Reduce the risk of stroke
- Anti-depressant
- · Good for new mothers

- · Anti-ageing benefits
- · Relief from constipation
- · Used in treatment of anemia
- · Improves eyesight



# DATES DRY

A natural sweet treat with numerous health benefits. Rich source of iron and various nutrients. Consume it daily as it is, make authentic fillings, use it as a replacement for sugar, add it to your smoothies and Enjoy!

- · Helps manage weight
- Controls diabetes
- Reduces inflammation
- · Improves bone health
- · Improves heart function
- · Prevents cancer
- · Improves skin
- · Helps with metabolism
- · Good for brain health



# DRY FRUIT MIX (TUKDA)

Mix Dry Fruits is a mixture of various nuts and dry fruits like raisins, dried figs, almonds, cashews, dry dates, pistachio and many more. It provides you with various health benefits and can be consumed as it is or can be used in various preparations like desserts, laddoos, etc.

### **Features**

- · Improves bone health
- · Helps in digestion
- Long lasting energy
- · Good for skin and hair
- Anti-aging
- · Good source of vitamins and minerals
- · Prevention of hypertension
- · Rich in antioxidants



# RAISIN BLACK

These dried grapes are a great low calorie snack. Packed with energy and rich in fiber, vitamins and minerals. Use it in cakes, cookies, drinks, energy bars, etc.

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### **Features**

- · Regulates blood pressure level
- · Fights against bad cholesterol
- · Improves bone health · Helps in digestion
- · Purifies blood
- · Protects from pre-mature aging

Improves hemoglobin levels

· Prevents hair loss



# **RAISIN**



# Raisins Golden & Raisins Green

These sweet and fruity raisins with a hint of tartness when daily consumed can aid digestion and keep your bones strong. Use it in your baked goods, sweets, energy bars, etc.

### **Features**

- · Helps in bone formation and calcium absorption
- Modulates sugar levels in diabetes
- · Prevents cancer

- · Reduces blood pressure
- · Helps in treating anemia and fever
- Promotes good cardiac health
- · Provides relief from constipation



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# Premium & Regular Dried Figs

This sweet and nutritious dried fruit is a good source of fiber and antioxidants. Use it for dessert preparations, healthy drinks, smoothies, shakes or eat as it is.

- · Prevents colon cancer
- Relieves constipation
- Strengthens bones
- · Helps in weight loss
- Prevention of hypertension
- · Rich in antioxidants
- · Effective against skin diseases
- · Good for heart health



# HAZELNUTS •

These nuts with a sweet flavor are rich in nutrients and have a high content of proteins, fats, vitamins and minerals. Use it in chocolates, cakes, ice-creams, spreads and Enjoy!

### **Features**

- · Maintains good heart health
- · Good for hair
- · Prevents cancer
- · Maintains muscle health
- Relieves constipation
- · Protects nervous system
- · Prevents premature aging



# DRIED APRICOT

These chewy, tangy and delicious dried apricots are a good source of fiber, potassium and calcium. Use it in your smoothies, desserts, gravies, snacks, etc.

### **Features**

- · Rich in fiber
- · Strengthens bones
- · Good source of vitamin A
- Good for blood
- · Good for your heart

- · Contains antioxidants
- Good for skin
- · Promotes eye health
- · High in potassium



# DRIED BLUEBERRIES

These dried blueberries are a powerhouse of nutrients. They are low in sodium and in calories, and contain no cholesterol. Use it for smoothies, pies, ice-creams, desserts, cakes. etc.

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### **Features**

- · Good source of dietary fiber
- · Excellent source of Vitamin C
- · Good for Immunity
- · Contains polyphenols
- · Regulates metabolism
- · Promotes weight loss
- · Rich in antioxidants
- Anti-inflammatory
- · Good for heart health
- · Improves memory



# DRIED CRANBERRIES

A great guilt free snacking option, these dried cranberries are a good source of fiber, vitamins and antioxidants. Consume as it is or use it in smoothies, cakes, desserts, yogurts, etc.

- · Contains antioxidants
- · Good for heart health
- Helps to prevent urinary tract infections
- · Helps protect LDL cholesterol
- · Good source of fiber
- · Low in sugar
- · Boosts immune system
- · Aids digestion
- · Improves oral health



# DRIED PINEAPPLE

Packed with amazing flavor and nutrients, these dried pineapples are a good source of vitamins, fiber and antioxidants. Have it as it is or chop and add to your desserts, baked goods, etc.

### **Features**

- · Maintains heart health
- Good for bones
- · Improves digestion
- · Boosts immunity

- Anti-inflammatory
- · Rich source of vitamin C
- · Anti-aging properties



# **DRIED KIWI**

Dried kiwi is low in fat, moderately low in calories and provides healthy minerals and fiber. Have it as it is or use it in your dessert preparations, baked goods, etc.

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### **Features**

- · Great source of vitamin C
- · Contains vitamin K · High in fiber content
- · Helps lower blood pressure
- · Relieves constipation
- · Boosts immune system
- · Good for eye health



#### DRIED LYCHEE

Awesome taste and packed with various nutrients, these lychees are a good source of fiber and vitamins. Enjoy as it is, add it to your desserts, cereals, smoothies, etc.

### **Features**

- · Improves blood circulation
- · Provides instant energy
- · Effective against cancer
- · Aids digestion
- · Boosts immunity



# DRIED MIXED FRUIT

Power house of nutrients and a variety of flavors, these best quality dried mix fruits are truly a treat to have.

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- · Contains antioxidants
- · Good source of fiber
- · Naturally gluten free
- · Contains vitamins and minerals
- Boosts immunity
- · Improves digestion



# GROUNDNUTS •

Groundnuts or peanuts are ablong in shape with a very pleasant nutty flavour. They are aundant in protein, healthy fats and dietary fibre. They also contain plenty of potassium, phosphorus, magnesium and B vitamins. Use it in variety of dishes like chutneys, gravies, vegetables, salads, chaats, chikki, cookies, Poha, etc.

### **Features**

- · Good for brain
- · Protects heart
- Reduces cardiovascular diseases and cancer
- · Good for bones and skin
- · Helps in weight loss
- · Boosts energy
- · Helps in controlling blood sugar



# PINE NUTS



These small elongated ivory coloured seeds have soft texture and a sweet, buttery flavour. It has high concentration of mono-saturated fats and is full of vitamin A, C and D. Use it in use salads, desserts, pastas, breads, etc.

### **Features**

- · Reduces risk of heart diseases
- · Boosts brain health
- · Improves bone health
- Keeps eyes healthyReduces inflammation
- · Anti-aging
- · Boosts energy
- · Contains antioxidants
- Good for diabetes
- · Manages weight



# FOX NUT [



Makhana is nut like round to oval shaped which is green in colour when fresh and turn creamy to yellow in colour when dried. Makhana is rich in protein and a good source of carbohydrates. It also has anti-inflammatory and anti-ageing properties. It is mostly used for healthy snacking and can be flavoured as well.

## **Features**

- · Gluten-free
- · Improves heart health
- · Strengthens bones
- · Promotes weight loss
- · Helps in controlling blood sugar levels
- · Aids digestion



# PRUNES



Prunes are dried plums with sweet deep taste and a slightly sticky and chewy texture. Prunes are well known for their ability to prevent constipation and is also a good source of vitamin A, dietary fibre, potassium and copper. It is used in a variety of sweet and savoury dishes.

- Contains antioxidants
- · Improves vision
- · Heart friendly
- · Promotes hair health
- Great for skin

- · Aids digestion
- · Good for bones
- · Helps to maintain bood sugar levels



# SESAME SEED BLACK



These small tiny seeds have a richer nutty taste and aroma. They are a good source of protein, antioxidants and healthy fatty acids. Use it in both sweet and savory preparations.

### **Features**

- · Improves bone health
- · Reduces hypertension
- · Cures anemia
- · Reduces inflammation
- · Keeps heart healthy

- · Aids digestion
- · Prevents cancer
- · Boosts metabolism
- · Good for diabetes



# SESAME SEED WHITE Polished & Unpolished



These small white tiny seeds have a nutty taste and slightly sweet flavour which is enhanced on toasting. You can use it in various culinary preparations which calls for sesame seeds and also make a paste of it.

### **Features**

- · Improves bone health
- Reduces hypertension
- · Good for hair and skin health
- · Reduces inflammation
- · Keeps heart healthy

- · Aids digestion
- · Prevents cancer
- · Boosts metabolism
- · Good for diabetes



# **BASIL SEEDS**



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These tiny seeds are packed with nutrients and have immunity boosting properties. Use it in dessert preparations, smoothies, juices, etc.

### **Features**

- · Boosts digestion
- Improves metabolism
- · Rich in vitamin A
- · Good for hair

- Soothes nerves
- · Contains antioxidants
- · Relieves constipation
- · Improves respiratory system

# **FLAX SEEDS**

These small, glossy, brown seeds are loaded with beneficial nutrients. A great source of protein, fiber and omega 3 fatty acids. It also contains vitamins and minerals. Use is to prepare vegan milk, replacement of eggs in cakes, smoothies, energy bars, snacks, etc.

- · Great source of fiber
- · Great source of omega-3
- Enhances mood
- Good for heart
- · Lowers blood pressure
- Healthy joints
- · Aids digestion
- · Boosts immunity
- Anti-inflammatory



# CHAROLI •

The charoli seed is lentil-sized, is slightly flattened and has an almond-like flavor. Though they can be eaten and used raw they are often toasted or roasted before use, as this intensifies the flavor.

### Features

- Prevents constipation
- · Improves cardiovascular health
- · Improves immune system
- · Reduces blood pressure

- · Helps to improve memory
- · Prevents risk of cancer
- · Helps to prevent diabetes
- · Good for bone health



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# HEMP SEEDS

Hemp seeds are small, brown seeds with a mild nutty flavour. They are rich in essential fatty acids and healthy fats. They are an excellent source of vitamin E and a contains a good amount of protein, phosphorus, potassium, magnesium, zinc, etc. It can be used in pasta, salad dressings, grilled veggies, healthy chaats, etc.

### Features

- · Boosts heart health
- · Reduces inflammation
- · Protects brain
- · Aids digestion

- · Complete plant protein
- · Relieves insomnia
- · Improves digestive health
- · Regulates hormones



# SUNFLOWER SEEDS •

Having a great nutty and sweet flavor these seeds are rich in vitamin E, magnesium and other nutrients. Consume as it is or add it to your yogurt, cereal bowl, breads, smoothies, etc.

### **Features**

- · Prevents the risk of asthma
- · Improves cardiovascular health
- Reduces blood pressure
- · Good for digestive health
- · Prevents risk of cancer

- · Improves immune system
- · Prevents the risk of anemia
- · Contains antioxidants
- · Good for bones and hair



# CHIA SEEDS

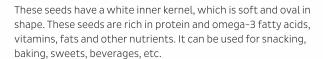
Chia seeds have a very mild taste and take up the flavour of whatever they are added to. A great source of omega 3 fatty acids, dietary fiber, protein and minerals. Use it in your yogurts, juices, salads, etc.

- · Cleanses the colon
- · Contains antioxidants
- Good for digestive system
- Low in calories
- · Rich in protein

- · Helps in weight loss
- · Good for heart health
- · Good for bone health
- · Stimulates metabolism



# WATERMELON SEEDS



### **Features**

- · Prevents asthama
- Good for hair and skin
- Good for diabetes
- · Promotes heart health
- · Good for nervous system
- · Rich in magnesium and zinc
- · Lowers blood pressure
- · Boosts metabolism
- · Helps control blood sugar



# GARDEN CRESS SEEDS



These seeds are smooth, small and reddish brown in colour with a mild peppery flavour and aroma. These seeds are rich in MICRO as well as MACRO nutrients including iron, folate, vitamin C, vitamin A, vitamin E, fiber, and protein. It is used in variety of beverages, snacks, etc.

### **Features**

- · Rich in proteins
- · Treats constipation and indigestion
- · Regulates menstrual cycle
- · Boosts iron and hemoglobin
- · Enhances breast milk production
- · Treats cough and asthama
- · Loaded with fibre
- · Prevents obesity
- · Effective in healing bone fracture



# PUMPKIN SEEDS



These small but power packed pumpkin seeds are perfect for a healthy snacking. Add it to your cereal bowl, smoothies, pasta, salads, energy bars, etc.

- Anti-inflammatory
- · Good blood builder
- · High in omega-3
- · Contains magnesium
- · Improves antioxidant activity
- · Boosts metabolism
- · Prevents kidney stones
- · Good source of plant protein
- · Reduces bad cholesterol



**Nurturing Happy Lifestyles!** 





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