



# Catalogue

Nuts, dried fruit, spices, seeds and snack mixes

BIO NUTS 2021 Ltd.

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# Raw nuts



## Almonds

Crunchy almonds with a rich nutty taste – for snacking, baking and salads.

**200 g - from 2.72 €**  
**500 g - from 4.86 €**



## Brazil Nuts

Brazil nuts with a smooth, delicate taste – for snacking and baking.

**100 g - 1.25 €**  
**200 g - 3.30 €**  
**500 g - 5.83 €**



## Cashews

Cashews with a buttery texture and a mild, sweet taste – for snacking, sauces and desserts.

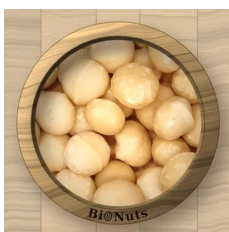
**200 g - from 2.14 €**  
**500 g - from 5.72 €**



## Hazelnuts

Hazelnuts with a rich, buttery flavour and a delicate crunch – for desserts, salads and spreads.

**500 g - 10.56 €**



## Macadamia Nuts

Macadamia nuts with a rich, buttery flavour and satisfying crunch – for desserts, salads and snacking.

**200 g - from 1.99 €**  
**500 g - from 11.48 €**



## Peanuts

Peanuts with an intense flavour and pleasant crunch – for sauces, baking and homemade peanut butter.

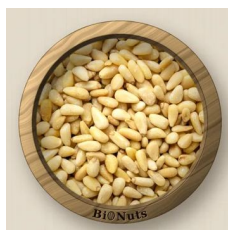
**200 g - 4.40 €**  
**500 g - 8.10 €**



## Pecans

Pecans with a rich, buttery flavour and crisp texture – for snacking, baking and salads.

**200 g - 3.42 €**  
**500 g - 7.61 €**



## Pine Nuts

Pine nuts with a delicate, buttery flavour – for pesto, salads, roasted vegetables and baking.

**100 g - 1.01 €**  
**200 g - 4.42 €**  
**500 g - 10.71 €**



## Pistachios

Pistachios with a distinctive flavour, vibrant colour and satisfying crunch.

**200 g - from 2.26 €**  
**500 g - from 6.39 €**  
**1 kg - 23.46 €**



## Walnuts

Walnut kernels with a rich, buttery flavour – for salads, baking, bread and granola.

**200 g - from 2.60 €**  
**500 g - from 10.26 €**  
**1 kg - 9.13 €**

## Roasted nuts



### Roasted Almonds

Roasted almonds – crunchy, with a rich roasted aroma. For snacking and salads.

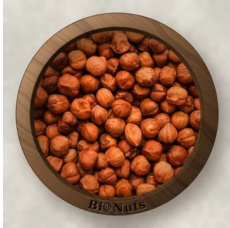
**200 g - 4.16 €**  
**500 g - from 7.89 €**



### Roasted Cashews

Roasted cashews – buttery and crunchy, with a mild sweet taste. Perfect for snacking.

**200 g - from 2.03 €**  
**500 g - from 5.04 €**



### Roasted Hazelnuts

Roasted hazelnuts – fragrant and crunchy, for snacking, baking and homemade spreads.

**200 g - from 4.08 €**  
**500 g - from 4.51 €**



### Roasted Peanuts

Roasted peanuts – crunchy, for snacking, with a drink or for homemade peanut butter.

**200 g - from 2.06 €**  
**500 g - from 7.25 €**  
**1 kg - 10.62 €**



### Roasted Pistachios

Roasted pistachios – crunchy, with their distinctive taste. The classic snack.

**200 g - from 3.95 €**  
**500 g - from 4.68 €**  
**1 kg - 12.35 €**

## Dried fruit



### Dates

Deglet Noor and Medjool dates – naturally sweet with a caramel-like taste.

**200 g - from 2.32 €**

**500 g - from 5.19 €**

**1 kg - from 15.57 €**



### Dried Apples

Dried apple chunks with natural sweetness – plain or with cinnamon and sugar.

**Out of stock**



### Dried Apricots

Dried apricots with a bright orange color and a juicy, sweet-tangy taste.

**200 g - from 4.22 €**

**500 g - from 8.43 €**



### Dried Aronia

Dried aronia (chokeberry) – small dark berries with a tart-sweet taste.

**Out of stock**



### Dried Banana

Dried banana with natural sweetness – a quick energy snack on the go and a breakfast topping.

**200 g - 2.11 €**

**500 g - 8.94 €**



### Dried Blackberries

Dried blackberries with a juicy, slightly tart taste – for smoothies, salads and desserts.

**200 g - 2.16 €**

**500 g - 5.89 €**



### Dried Blueberries

Dried blueberries with a sweet, slightly tangy taste – for breakfast, salads and baking.

**200 g - 2.69 €**



### Dried Cantaloupe

Dried cantaloupe – sweet and refreshing, for snacking and desserts.

**200 g - 2.15 €**

**500 g - 11.28 €**



### Dried Cherries

Dried cherries with a sweet-tart taste – for snacking, desserts and salads.

**200 g - from 3.98 €**

**500 g - 4.70 €**



### Dried Cranberries

Dried cranberries with a sweet-tart taste – for salads, muesli and baking.

**200 g - from 2.14 €**

**500 g - from 7.05 €**



### Dried Figs

Soft, sweet dried figs – for snacking, baking, salads and desserts.

**200 g - from 2.08 €**  
**500 g - 5.18 €**



### Dried Kiwi

Dried kiwi with a sweet-tangy flavour and chewy texture – for snacking, nut mixes and desserts.

**200 g - 4.01 €**  
**500 g - 7.65 €**



### Dried Mango

Dried mango slices with a rich tropical flavour – for snacking, nut mixes and desserts.

**200 g - from 2.54 €**  
**500 g - from 6.83 €**



### Dried Papaya

Dried papaya with a mild, sweet flavour – spears for snacking or chunks for muesli and baking.

**200 g - 1.93 €**  
**500 g - 8.59 €**



### Dried Pineapple

Dried pineapple with a sweet and tangy tropical flavour – in dices or rings.

**200 g - 2.41 €**  
**500 g - 10.27 €**



### Dried Pomelo

Dried pomelo – natural or green – with a mildly sweet, tangy citrus taste.

**200 g - 4.54 €**  
**500 g - 10.74 €**



### Dried Quince

Aromatic quince with a tart-sweet flavour – for desserts, preserves and savoury dishes.

**200 g - 2.06 €**



### Dried Raspberries

Dried raspberries with a vibrant sweet-tart flavour – for smoothies, desserts, salads and baking.

**Out of stock**



### Dried Sea Buckthorn

Bright orange sea buckthorn berries with a tangy, refreshing taste – for tea, jams and muesli.

**Out of stock**



### Dried Sea Buckthorn with Apple Juice

Sea buckthorn infused with apple juice – a milder sweet-tart taste for tea, muesli and yoghurt.

**Out of stock**



### Dried Sour Cherries with Apple Juice

Dried sour cherries infused with apple juice – a pleasant balance of tart and sweet.

**Out of stock**



### Dried Strawberries

Dried strawberries with a sweet, slightly tangy flavour – for muesli, smoothies, desserts and baking.

**200 g - from 2.23 €**  
**500 g - 5.45 €**  
**1 kg - 13.58 €**



### Fruit Mix

A colourful mix of dried fruit in small dices – for muesli, yoghurt and baking.

**200 g - from 3.60 €**

**500 g - from 6.83 €**



### Goji Berries and Mulberries

Dried goji berries and mulberries – for smoothies, cereals or straight from the bag.

**200 g - 2.71 €**

**500 g - 9.88 €**



### Prunes

Naturally sweet, chewy prunes – for snacking, baking and savoury dishes.

**200 g - from 2.32 €**

**500 g - from 7.48 €**



### Raisins

Sweet, chewy raisins with a caramel-like flavour – for snacking, muesli, baking and salads.

**200 g - from 1.83 €**

**500 g - from 8.53 €**



### Rose Hips

Dried rose hips with a sweet-tart flavour – for tea, jams and syrups.

**Out of stock**

# Seeds



## Blue Poppy Seeds

Blue poppy seeds with a mild nutty flavour and fine crunch – for bread, cakes, muffins and salads.

**Out of stock**



## Chia Seeds

Chia seeds with a mild nutty taste – for puddings, smoothies, salads and baking.

**200 g - 2.31 €**  
**500 g - from 6.91 €**



## Linseeds

Linseeds (flaxseeds) with a subtle nutty flavour – for bread, smoothies, salads and cereals.

**200 g - from 2.22 €**  
**500 g - from 8.10 €**



## Milk Thistle Seeds

Milk thistle seeds with a subtle nutty flavour – for salads, granola, baking and spice blends.

**Out of stock**



## Pumpkin Kernels

Shelled pumpkin kernels with a rich nutty flavour and crunch – for salads, bread and granola.

**200 g - 3.71 €**  
**500 g - 10.56 €**



## Pumpkin Seeds

Pumpkin seeds with a nutty flavour and satisfying crunch – for snacking, salads and baking.

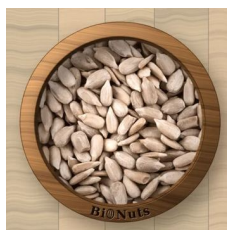
**Out of stock**



## Sesame Seeds

Sesame seeds with a rich nutty flavour – for baking, salads, Asian dishes and homemade tahini.

**200 g - 3.20 €**



## Sunflower Kernels

Shelled sunflower kernels with a mild nutty flavour – for salads, bread, granola and bars.

**200 g - 3.77 €**  
**500 g - 5.07 €**

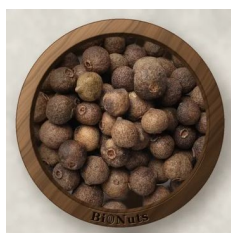


## Sunflower Seeds

Sunflower seeds with a mild nutty flavour and crunch – for snacking, salads and baking.

**Out of stock**

## Herbs & spices



### Allspice

Allspice with warm notes of cinnamon, nutmeg and cloves – for soups, stews, marinades and baking.

**Out of stock**



### Basil

Dried basil with a fragrant, slightly sweet taste – for sauces, soups, pizza and pasta.

**Out of stock**



### Bay Leaves

Dried bay leaves with a gentle aroma – for soups, stews, sauces and slow-cooked dishes.

**Out of stock**



### Black Pepper

Black, white and pink pepper – whole or ground – for every savoury dish.

**Out of stock**



### Chili Flakes

Crushed red chili peppers for heat in pizza, pasta, soups, sauces and marinades.

**Out of stock**



### Chillies

Chillies – for a fiery kick in sauces, soups, marinades and stews.

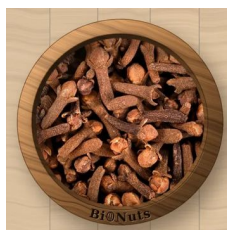
**Out of stock**



### Cinnamon

Cinnamon with a warm, sweet aroma – for baking, drinks and savory dishes.

**Out of stock**



### Cloves

Cloves with a strong, warm, slightly sweet aroma – for baking, marinades and sauces.

**Out of stock**



### Coriander

Coriander with a warm, citrusy aroma – for soups, curries, baking and spice blends.

**Out of stock**



### Crushed Chillies

Crushed hot chillies, half seeds and half flakes – for pizza, pasta, sauces and marinades.

**Out of stock**



### Cumin

Cumin with a warm, earthy taste – for soups, stews, curries and spice blends.

**Out of stock**



### Dried Aloe Vera

Dried aloe vera – for tea, smoothies or as part of your daily routine.

**Out of stock**



### Dried Garlic

Dried garlic for a strong garlic flavour without fresh cloves – for soups, stews, marinades and meat.

**Out of stock**



### Dried Ginger

Aromatic dried ginger with a warm, slightly spicy flavour – for tea, baking and curries.

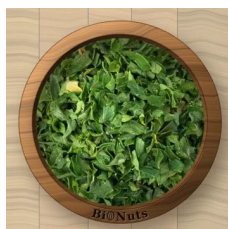
**200 g - from 1.87 €  
500 g - 5.79 €**



### Dried Onion

Dried onion as powder or flakes – for soups, sauces, marinades and slow-cooked dishes.

**Out of stock**



### Dried Parsley

Dried parsley with a fresh, mild flavour – for soups, stews, sauces, salads and marinades.

**Out of stock**



### Fennel Seeds

Aromatic seeds with a sweet, liquorice-like taste – for bread, soups, sausages and curries.

**Out of stock**



### Fenugreek

A spice with a slightly bitter, nutty flavour – for curries, stews and spice blends.

**Out of stock**



### Ginger Powder

Ground ginger with a warm, mildly spicy flavour – for baking, sauces, drinks and curries.

**Out of stock**



### Mahlep

A fragrant spice from St Lucie cherry seeds with notes of bitter almond and cherry – for sweet breads and cakes.

**Out of stock**



### Mustard Seeds

Mustard seeds with a sharp, pungent taste – for pickles, marinades, sauces and homemade mustard.

**Out of stock**



### Nutmeg

A warm, aromatic spice with a slightly sweet flavour – for béchamel, baking, soups and sauces.

**Out of stock**



## Oregano

Dried oregano with an earthy taste and hints of pepper and mint – for pizza, pasta, meat and vegetables.

**100 g - 0.93 €**

**200 g - 3.94 €**

**500 g - 9.65 €**



## Paprika

Sweet paprika with a vibrant colour, plain or smoked – for soups, stews, meat and vegetables.

**200 g - from 1.87 €**

**500 g - from 6.34 €**



## Sage

Fragrant herb with a strong, earthy flavour – for roasts, sauces, soups and vegetables.

**Out of stock**



## Salt

Himalayan salt, salt flower and non-iodised sea salt – for cooking and finishing dishes.

**200 g - 3.76 €**

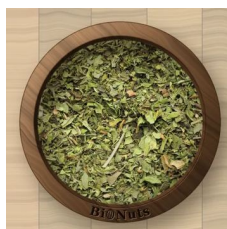
**500 g - 6.86 €**



## Senna Pods

Dried senna pods – a traditional herb for an infusion to relieve constipation.

**Out of stock**



## Spearmint

Cut dried spearmint with a fresh, cooling aroma – for tea, sauces, salads and lamb.

**Out of stock**



## Spice Blend

A balanced blend of herbs and spices for grilled meat, roasted vegetables, soups and stews.

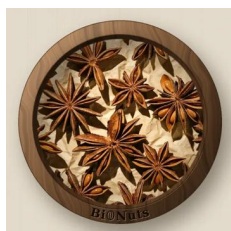
**Out of stock**



## Spice Mixes

Ready-made spice mixes – for barbecue, curry, Italian herbs, za'atar and tacos.

**Out of stock**



## Star Anise

Star anise with a sweet, licorice-like flavor – for broths, stews and desserts.

**Out of stock**



## Thyme

Fragrant thyme with a warm flavour and hints of mint and lemon – for soups, stews and roasts.

**200 g - 3.25 €**

**500 g - 11.56 €**



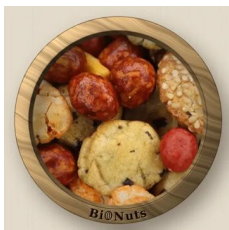
## Turmeric

Ground turmeric with a warm, earthy flavour and golden colour – for curries, soups and marinades.

**200 g - 3.70 €**

**500 g - 9.91 €**

## Snacks & mixes



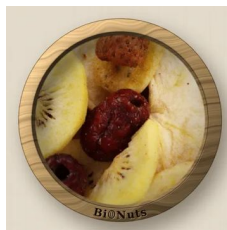
### Crackers

Crispy savory crackers – for cheese, spreads and appetizers.

**200 g - from 2.07 €**

**300 g - 6.75 €**

**500 g - from 10.58 €**

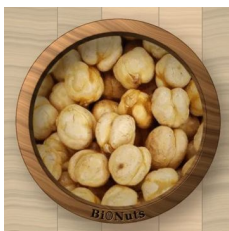


### Fruit Chips Mix

A crunchy mix of fruit chips – apple, banana, pineapple, mango – a light, sweet snack.

**200 g - 3.89 €**

**500 g - 7.75 €**

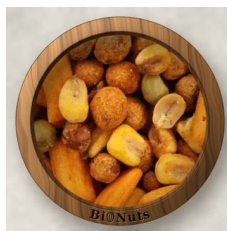


### Roasted Chickpeas

Crunchy roasted chickpeas with a nutty flavour – for snacking, salads and bowls.

**200 g - from 3.43 €**

**500 g - from 5.29 €**

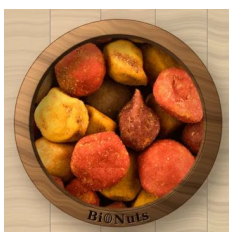


### Snack Mixes

Cocktail crackers and mixes of nuts, fruit and seeds – Energy, Power and Bar.

**200 g - from 1.98 €**

**500 g - from 5.45 €**



### Snacks

Crunchy snacks with bold flavours – wasabi peanuts, Mexicanos, BBQ corn nuts and more.

**200 g - from 3.11 €**

**500 g - from 5.69 €**



### Spicy Tako Flavor Cones

Crunchy spicy cones with tako flavor – for party platters and snacking.

**250 g - 4.63 €**



### Tortilla Chips

Crisp tortilla chips with a neutral flavour – for dips, spreads and cheese.

**Out of stock**

## Grains & cereals



### Breakfast Cereals

Breakfast cereals – corn flakes, muesli, choco balls and more – for a quick, tasty breakfast.

**200 g - from 1.96 €**  
**500 g - from 7.20 €**



### Buckwheat

Buckwheat with an earthy, slightly nutty taste – for porridge, salads and flour.

**200 g - 3.33 €**  
**500 g - 8.20 €**



### Bulgur and Couscous

Bulgur (fine, extra-fine and coarse), handmade couscous and hulled broken wheat.

**Out of stock**



### Hulled Wheat

Hulled wheat with an earthy flavour – for pilafs, soups, grain salads and baking.

**Out of stock**



### Millet

Millet with a mild, slightly sweet flavour – for porridge, salads and side dishes.

**Out of stock**



### Oats

Oats for porridge, homemade granola and baking.

**Out of stock**



### Popcorn Kernels

Popcorn kernels that pop into light, fluffy popcorn for movie night at home.

**200 g - from 2.03 €**  
**500 g - from 5.26 €**



### Quinoa

Quinoa with a delicate nutty flavour, quick to cook – for salads, bowls and breakfast.

**200 g - from 3.31 €**  
**500 g - from 5.04 €**



### Rice

Rice for pilaf, risotto, casseroles and side dishes – fluffy or slightly sticky depending on the variety.

**Out of stock**

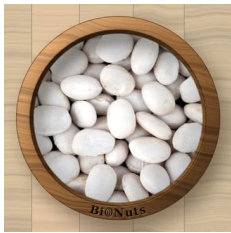


### Rye

Rye with a rich, slightly earthy flavour – for homemade bread, crackers and cereals.

**Out of stock**

## Pulses



### Beans

Beans – dark red kidney, white, black and black-eyed – for stews, chili and salads.

**500 g - 5.02 €**

**1 kg - 17.49 €**



### Chickpeas

Chickpeas with a nutty taste and firm texture – for hummus, stews and falafel.

**200 g - from 2.13 €**

**500 g - from 6.51 €**



### Lentils

Earthy-flavoured lentils that cook quickly – for soups, stews and salads.

**500 g - 6.44 €**



### Peas

Dried peas with an earthy flavour and creamy texture – for soups, stews and purées.

**Out of stock**



### Yellow Split Peas (Fava)

Split peas for fava, soups and stews – mild flavour and creamy texture.

**Out of stock**

# Baking



## Baker's Ammonia

Baker's ammonia for crisp cookies and homemade biscuits – a strong rise with no aftertaste.

**Out of stock**



## Baking Soda

Baking soda for fluffy cakes, bread and pastries.

**Out of stock**



## Citric Acid

Citric acid (lemon salt) – for a tangy touch in sauces, drinks and preserves.

**Out of stock**



## Coconut Sugar

Coconut sugar with a caramel-like taste – a natural sweetener for baking and drinks.

**Out of stock**



## Desiccated Coconut

Finely grated dried coconut with a gentle sweetness – for baking, granola and desserts.

**200 g - from 3.68 €**

**500 g - from 7.94 €**



## Mastic Gum

An aromatic resin from the mastic tree with pine and cedar notes – for pastries, ice cream and sweet breads.

**Out of stock**

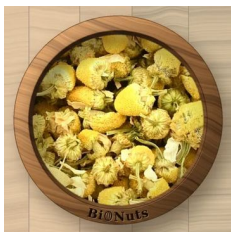


## Sugar, Vanilla and Baking Essentials

Sugar, brown cane and coconut sugar, vanilla, baking powder and citric acid.

**Out of stock**

# Tea



## Chamomile

Dried chamomile for a fragrant tea with a delicate floral taste.

**Out of stock**



## Hibiscus

Dried hibiscus flowers with a deep red colour and a tangy taste – for hot and iced tea.

**200 g - 2.10 €**



## Tea

Black tea, Gunpowder green tea, Gunpowder black tea and mountain tea.

**Out of stock**