

GOOD FOODS & SEASONINGS & SIGNATURE & WELLNESS & SPICES

100% Natural & Pure Freshly Prepared in Small Batches

# CASATVA

	GOOD FOODS		SEASONINGS
01	RABODI Signature Whole Wheat Bits	01	CALCUTTA CHAAT MASALA Signature
02	HARA METHI DANA Green Fenugreek Seeds	02	PAHADI CHAAT MASALA Signature
03	SUNDRIED SPROUTS MIX	03	GREEN CHILLI FLAKES Signature
04	BAJRA KHICHIA Signature	04	BOMBAY CUTTING CHAI MASALA Signature
05	BIKANERI MANGODI Signature	05	GARLIC CHUTNEY MASALA Signature
06	BIKANERI MANGODI Signature  Masala	06	DHABA CHAAT MASALA Signature
07	BIKANERI MANGODI Signature  Dhania	07	MALABAR KAALI MIRCH  Black Pepper Powder
08	BIKANERI MANGODI Signature	08	CINNAMON POWDER
		09	HIMALAYAN BLACK SALT  Kaala Namak
		10	HIMALAYAN ROCK SALT Sendha Namak

# **CASATVA**

WELLNESS		SPICES
SABJA Basil Seeds	01	NAGAUR KASURI METHI  Dry Fenugreek Leaves
02 BEETROOT POWDER	02	
93 SPINACH POWDER	03	JODHPUR LAL MIRCH  Red Chilli Powder
04 WHEATGRASS POWDER	04	SANGLI HALDI  Turmeric Powder
05 MORINGA POWDER	05	KUMBHRAJ DHANIA  Coriander Powder
LAKADONG CHYRMIT  High Curcumin Turmeric Powder	06	HIMALAYAN ROCK SALT Sendha Namak
	07	ANDHRA AMCHUR  Mango Powder
	08	RAJASTHANI GARAM MASALA Signature Whole Mix
	09	RAJASTHANI GARAM MASALA Signature
	10	JHATPAT MASALA Signature  All Spice Mix
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#### Rabodi



Rabodi is the ultimate comfort food that is tasty, wholesome and versatile. Made from whole wheat and buttermilk, Rabodi makes snacking healthy. It can be used in curries, quick-snacks, stir-fries, baked dishes or simply tossed into salads.



- Signature Food
- 100% Natural
- Healthy & Wholesome
- Home-made with whole wheat and buttermilk
- A traditional food item from Rajasthan
- The perfect balance of health and taste

NET WEIGHT 125 Grams

M.R.P. (ALL Incl.) **₹229** 







#### (2) View Recipe / Uses



Rabodi Stir Fry



Dal Rabodi



Kadhi Rabodi chaat



Rabodi ki chaat

#### Hara Methi Dana



Hara Methi Dana has a unique flavour and heady aroma. Sprout it and eat it raw to get the maximum benefits. Can be used for tempering as well. It strengthens the immune system along with having myriad other health benefits.



- Home-grown, Handpicked, Sun-dried
- > 100% Natural
- Healthy & Flavourful
- Unique flavour and heady aroma
- Temper your food for authentic flavour
- Sprout and eat raw or garnish your salad for crunch and flavour

NET WEIGHT 200 Grams

M.R.P. (ALL Incl.) ₹229













#### 🖺 View Recipe / Uses



Sprouted Methi with Rabodi



Hara Methi Sprouts Soup



Chatpata Hara Methi Sprouts Sandwich



Hara Methi Sprouts Salad

## **Sundried Sprouts Mix**



Sprouts Mix is a delicious and power-packed food with low calorific content and high fibre. The health benefits are incredible as it is loaded with nutrients and protein. Easy to prepare and as good as fresh. Simply boil and get a tasty dish ready in minutes.



- 100% Natural
- Rich in protein, minerals & vitamins
- Instant & healthy snack
- Saves sprouting time and gives benefits without much efforts
- Just boil & use in variety of dishes such as salads, curries, snacks etc.

NET WEIGHT 200 Grams

M.R.P. (ALL Incl.) **₹299** 













#### 💮 View Recipe / Uses



**Dry Sprouts Paratha** 



Satvik Sprout Salad (No onion/garlic)



Sprouted Hung Curd



Sundried Sprouts Mix Sabji

## Bajra Khichia



Bajra Khichia is one of the most popular food items of Rajasthan. Handmade with bajra and fresh spices and sun-dried, these mini papads are loaded with the goodness of millets. It can be fried, air-fried or microwaved to make a healthy and delicious snack.



#### Signature

- 100% Natural
- Crispy, healthy & delicious
- Gluten Free
- Nutritional benefits of millets
- > Healthy & wholesome snack
- NO MSG, Preservatives, Added Flavours

NET WEIGHT
125 Grams















💮 View Recipe / Uses



Khichia ki Churi



Khichia ki Chaat



Chilli Cheese Khichia



Achari Khichia

## Bikaneri Mangodi



Bikaneri Mangodi is a delicious food item native to Rajasthan. Handmade with moong dal, it is highly nutritious and immensely versatile. Prepare several different types of the most tasty dishes and snacks.



₹239

Signature

- 100% Natural
- Native food of Rajasthan
- Handmade with moong dal
- Roast & use with different veggies to make kadis, sabji, pulao etc.











# Bikaneri Mangodi - Masala



Bikaneri Mangodi (Masala) is a delicious food item native to Rajasthan. Handmade with moong dal and spiced with freshly ground masalas, it is highly nutritious and immensely versatile. Prepare several different types of the most tasty dishes and snacks.



- Signature
- > 100% Natural
- Authentic Rajasthani flavour
- Nutritious benefits of lentils and spices
- Roast & use with different veggies to make kadhis, sabji, pulao etc.

NET WEIGHT
250 Grams













(2) View Recipe / Uses



Kadhi Mangodi



Masala Mangodi Sprouts Sabji



Dahi Chaat Mangodi



Veggie Masala Mangodi

# Bikaneri Mangodi - Dhania



Bikaneri Mangodi (Dhania) is a delicious food item native to Rajasthan. Handmade with moong dal and flavoured with freshness of coriander and spices, it is highly nutritious and immensely versatile. Prepare several different types of the most tasty dishes and snacks.



- NET WEIGHT
  250 Grams
- M.R.P. (ALL Incl.) **₹259**

- Signature
- Home-made & sun-dried
- > 100% Natural
- Native food of Rajasthan
- Handmade with moong dal and fresh dhania
- Roast or steam and use to make kadhis, vegetable dishes, pulao etc.











#### (2) View Recipe / Uses



Aloo Dhania Mangodi ki



Dhania Mangodi Rice



Tadkedar Mangodi Raita



Dhania Mangodi Chatpati Chaat

# Bikaneri Mangodi - Palak



Bikaneri Mangodi (Palak) is a delicious food item native to Rajasthan. Handmade with moong dal and flavoured with fresh spinach and spices, it is highly nutritious and immensely versatile. Prepare several different types of the most tasty dishes and snacks.



- Signature
- Home-made & sun-dried
- > 100% Natural
- Authentic Rajasthani flavour
- Loaded with the goodness of spinach and lentils

NET WEIGHT
250 Grams

M.R.P. (ALL Incl.) **₹259** 













#### (2) View Recipe / Uses



Dal with Palak Mangodi



Palak Mangodi Khichdi



Palak Mangodi Corn



Palak Mangodi Stirfry

#### Calcutta Chaat Masala



Inspired by the mouth-watering timeless street foods of Calcutta, this Signature seasoning can be sprinkled on any kind of fruits, salads, foods, beverages or chaats for the perfect smack of tang and spice.



- Signature Blend
- > 100% Natural
- Tangy & Spicy
- A taste of the timeless street food of Calcutta
- Sprinkle on fruits & salads
- Add to beverages as a taste enhancer
- Perk up all kinds of food & chaats

















View Recipe / Uses



Calcutta Bhel



Khatta Aloo Kata



Churmur



Chatpata Buttermilk

#### Pahadi Chaat Masala



A tangy and sizzling seasoning that combines the flavours of green chillies and dried herbs topped off with the freshness of mint. Experience the mouth-watering local flavour of the hills with every sprinkle.



- Signature Blend Signature
- > 100% Natural
- Fresh & Sizzling
- Refreshing local flavour of the hills
- Sprinkle on snacks, chaats, pakodas, buttermilk etc.
- Add to beverages as a taste enhancer

NET WEIGHT **60 Grams** 















🖺 View Recipe / Uses



Teekha Chhaach



Masala Shikanji



Pakoda



Oats Buttermilk Soda

#### Green Chilli Flakes



Green Chilli Flakes is an exotic seasoning loaded with the fresh flavour and hotness of green chillies. One of it's kind, it adds a unique zest when sprinkled on food, especially pizzas, salads, sandwiches and all kinds of snacks.



NET WEIGHT
30 Grams





- 100% Natural
- Hot & Fresh
- Unique fresh flavour
- Delight for chilli lovers
- NO MSG, Preservatives or Added Flavours



















## **Bombay Cutting Chai Masala**



Rasatva's Bombay Cutting Chai Masala is a unique blend of traditional spices combined to create a taste that is both invigorating and comforting. Add it while brewing, or sprinkle on your ready-made cup of chai and experience a heady flavour that will warm the body and soothe the soul.



NET WEIGHT
40 Grams

₹199



- Signature Seasoning
- 100% Natural
- Blend of exotic spices
- Invigorating and comforting
- Rich aroma
- Add while brewing or sprinkle on your readymade cup of tea
- NO MSG, Preservatives or Added Flavours

















## **Garlic Chutney Masala**



Garlic Chutney Masala is a mildly spicy blend that is a delight for garlic lovers. It can be used as a seasoning on all kinds of chaat items, snacks and dishes or made into a chutney by adding water or oil to it. It can even be used while cooking. With it's authentic flavour, it is a delicious accompaniment with your everyday simple food.



NET WEIGHT **60 Grams** 





- Special blend Signature
- > 100% Natural
- Warm & Spicy
- Mildly spicy and warm
- A delight for garlic lovers
- Rich with the traditional flavours of Rajasthan
- Use as seasoning or make a chutney by adding water or oil to it

















Garlic Chutney



Spicy Vegetable Sandwich



Chatpata Idli



Garlic Coriander Paratha

#### **Dhaba Chaat Masala**



Dhaba Chaat Masala is a delicious blend of freshly ground spices, herbs and salts. With the authentic flavour of dhaba style chaat masala, it adds a peppy mouth-watering twist to snacks, dishes, salads and beverages.



- Special Blend Signature
- 100% Natural
- Tangy & Chatpata
- A spicy & tangy blend of spices, herbs and salts
- Adds a peppy twist to everyday food
- Sprinkle on snacks, food, beverages, salads

NET WEIGHT **60 Grams** 





















Tender Jowar Chaat



Sattu Buttermilk



Masala Coke Mocktail



Sprouts & Corn Chaat

#### Malabar Kaali Mirch



Rasatva's Malabar Kaali Mirch is a commonly used spice made by freshly grinding peppercorns. It has a sharp yet mildly spicy flavour that goes well with many dishes. More than just a kitchen staple, it is rich in a plant compound called piperine, which has potent antioxidant properties.









- Made from freshly ground, organically grown black peppercorn
- > 100% Natural
- Rich & Aromatic
- Sourced from the native origins of Malabar Coastal Regions
- Sharp yet mildly spicy flavour















40 Grams







#### Cinnamon Powder



Cinnamon Powder, made from organically grown, handpicked cinnamon freshly ground to perfection, is a powerful spice with an exotic flavour and aroma. Use it while cooking and baking or sprinkle on coffee, tea and desserts.



NET WEIGHT
40 Grams





- Made from organically grown cinnamon barks
- 100% Natural
- Warm & Aromatic
- Freshly ground to perfection
- Powerful spice with exotic flavour & natural benefits
- Sprinkle over your savouries to add extra flavour





















# **Himalayan Black Salt**



Our Black Salt or Kaala Namak is ideal for everyday use because of its low sodium content. It can be used while cooking or as a seasoning and is beneficial for health issues such as indigestion.



NET WEIGHT
125 Grams



- Tangy & Sour
- > 100% Natural
- Sourced from the native origin in the foothills of Himalayas
- Low Sodium Content
- Freshly Ground
- Packed with a mindful effort towards preserving its natural benefits and briny flavour

# **Himalayan Rock Salt**



Our Rock Salt or Sendha Namak is 100% natural and ideal for everyday use as it is a heart-friendly salt. It relieves health issues related to obesity and cholesterol.



NET WEIGHT 125 Grams



- Tangy & Sour
- > 100% Natural
- Sourced from the native origin in the foothills of Himalayas
- Heart-friendly salt
- Ideal for everyday use
- Freshly Ground

### Sabja



Basil or 'sabja' seeds are highly nutritious and a modern day health food. Add to juices, smoothies, desserts or soak in water and consume as a health drink. It is rich in iron, calcium, fibre, omega-3 fatty acids and various micronutrients.



NET WEIGHT 100 Grams



- Super Food
- 100% Natural
- Wholesome & Healthy
- Your daily dose of nutrients
- Soak in water for a wholesome health drink
- Add to smoothies, summer drinks
- Use as a sprinkle while baking













(2) View Recipe / Uses



Cucumber and Sabja Detox Drink



Fruity Sabja Yogurt



Basil Seeds 'n' Oats Jar



Fruits and Basil Seeds Ice-cream

#### **Beetroot Powder**



Beetroot Powder, made from organically grown handpicked beetroots, is an ideal option for detoxification, promoting blood circulation and makes the skin glow with health. It can be added to fruit or vegetable juices, soups and stews, dough for parathas or dissolved in water and consumed as a health drink.



- Super Food
- 100% Natural
- Healthy & Wholesome
- Made from handpicked beetroots
- Detoxify and boost your immunity
- Mix in juice, smoothies, soup or just add water to consume as a health drink

NET WEIGHT 100 Grams



















Beetroot Ginger Delight



Beetroot Smoothie



Pineapple Beetroot Punch



Pink Moon Milk

### Spinach Powder



Spinach Powder, made from organically grown and handpicked spinach, has high nutritional value. Use it in juices, smoothies, dough for parathas or simply dissolve in water and consume as a health drink. It is ideal for detoxification that make the skin glow with health.



NET WEIGHT 100 Grams



- Super Food
- 100% Natural
- Healthy & Wholesome
- Made from handpicked spinach leaves
- Packed with the goodness of green
- Makes your favourite glass of juice or smoothie extra healthy
- Add to dough for healthy spinach













(2) View Recipe / Uses



Kurkuri Spinach Tikki



Spinach Chatpata Chutney



Spinach Onion Soup



Palak Raita

## Wheatgrass Powder



Wheatgrass Powder, made from organically grown wheatgrass has extremely high nutritional value. An ideal option for detoxification and boosting the immunity, it is packed mindfully to preserve its natural benefits. Add to fruit or vegetable juices or dissolve in water and consume as a health drink.



- Super Food
- 100% Natural
- Healthy & Zestful
- Made from handpicked wheatgrass Detox and boost your immunity
- Add to fruit or vegetable juices
- Mix in water and make the perfect health

NET WEIGHT 100 Grams















(2) View Recipe / Uses



Ginger Wheatgrass Tea



Green Goodness Smoothie



Wheatgrass Power Breakfast



Wheatgrass Oatmeal

## Moringa Powder



Moringa Powder, made from handpicked moringa leaves, has high nutritional value. Use it in your favorite smoothies, juices, or teas, dough for parathas or simply dissolve in water and consume as a health drink. It enhances the immune function with its potent combination of nutrients.



NET WEIGHT 100 Grams

₹259



- Super Food
- 100% Natural
- High nutritional value
- Nourishes skin and hair
- Manages blood glucose levels
- Add to paratha dough
- Add to smoothies, stews or dissolve in water and consume as health drink













### Lakadong Chyrmit



Lakadong Chyrmit Turmeric Powder is made from handpicked turmeric roots, organically grown in Meghalaya. With a high concentration of curcumin, it is an antioxidant with antiseptic and powerful healing properties. Add to warm water or milk and consume at bed time. It is mindfully packed to preserve its natural benefits, rich colour and aroma.



NET WEIGHT 100 Grams



- Super Food
- 100% Natural
- Health & Immunity
- High curcumin content for Medicinal value
- Produced from handpicked turmeric roots grown in the native origin of Meghalaya
- Powerful natural healing properties
- Age-old remedy for immunity building

















**Immunity Bites** 



Ginger Turmeric Tea



Tangy Turmeric Shot

## Nagaur Kasuri Methi



Our handpicked and sundried Kasuri Methi leaves have a distinct flavour, rich aroma and myriad health benefits. It is mindfully packed to preserve the potency and natural benefits. Add to paratha dough or dishes and experience the rich flavour and aroma.





- Healthy & Aromatic
- > 100% Natural
- Grown in the fields of Nagaur, Rajasthan
- Handpicked and sun-dried
- Bring zest and aroma to your food
- Add to paratha dough or dishes
- High natural benefits

















# **Unjha Jeera**



Grown in the fields of Unjha (Gujarat), our Cumin Seeds have a peppery aroma, earthy warm flavour and high nutritional value. It is mindfully packed to preserve the potency and natural benefits.



NET WEIGHT
250 Grams



- Earthy & Aromatic
- 100% Natural
- Grown in the fields of Unjha (Gujarat)
- Handpicked and sundried
- Peppery aroma, earthy warm flavour
- High natural benefits
- Adds authentic flavour to the food











## Jodhpur Lal Mirch



Jodhpur Red Chilli Powder is produced from handpicked and sundried Indian dry red chillies. To preserve its sizzling local flavour and high nutritional value, it is freshly ground and packed mindfully.



NET WEIGHT
250 Grams



- Aromatic & Pungent
- > 100% Natural
- Grown in the fields of Jodhpur (Rajasthan)
- Freshly ground and packed to preserve the natural benefits
- Natural red colour without any added oil
- Rich flavor and aroma











# Sangli Haldi



Turmeric Powder is produced from handpicked turmeric roots grown in the fields of Sangli (Maharashtra). To preserve its piquant aroma and unique earthy taste, Rasatva Turmeric Powder is freshly ground and mindfully packed. Its chief compound curcumin, has incredible healing qualities.



- Warm & Earthy
- > 100% Natural
- Grown in the fields of Sangli (Maharashtra)
- Freshly Ground and mindfully packed to preserve the natural benefits
- > High curcumin content
- Natural colour

NET WEIGHT
250 Grams













# Kumb<mark>hraj Dhania</mark>



Our Coriander Powder is produced from superior quality coriander seeds grown in the fields of Kumbhraj (Madhya Pradesh). To preserve the distinctive earthy flavour and aroma, it is freshly ground and mindfully packed. It is a rich source of dietary fibre.





- Earthy & Aromatic
- > 100% Natural
- Grown in the fields of Kumbhraj (Madhya Pradesh)
- Made from handpicked coriander seeds
- Freshly Ground and mindfully packed to preserve the natural benefits

















# **Himalayan Rock Salt**



Our Rock Salt or Sendha Namak is 100% natural and ideal for everyday use as it is a heart-friendly salt. It relieves health issues related to obesity and cholesterol.



NET WEIGHT
900 Grams



- Tangy & Sour
- 100% Natural
- Sourced from the native origin in the foothills of Himalayas
- Freshly Ground
- Packed with a mindful effort towards preserving its natural benefits and briny flavour

### **Andhra Amchur**



Our organic Mango Powder or Amchur is a fruity spice powder made from the sundried pulp of handpicked green mangoes from the orchards of Andhra Pradesh. To preserve the citrusy tanginess and nutritional benefits of mangoes, it is freshly ground and packed as per orders and deliverables.



- Fruity & Tangy
- > 100% Natural
- Made from raw mangoes organically grown in the orchards of Andhra Pradesh
- Freshly ground to retain the aroma and flavour
- Adds tanginess to Indian food preparations















## Rajasthani Garam Masala - Whole Mix



Rajasthani Garam Masala (Whole Mix) is a heady mix of an assortment of whole spices that have been roasted to perfection and ready to be freshly ground to bring out its rich flavour and aroma. Prepared with an age-old recipe, this masala adds the perfect flavour and fragrance of spices to food.



NET WEIGHT
200 Grams

M.R.P. (ALL Incl.) **₹589** 



#### Signature

- Warm & Aromatic
- A heady mix of whole spices roasted to perfection
- Unique authentic aroma and flavour
- Ready to be freshly ground and used in curries, pulaos and other dishes











# Rajasthani Garam Masala



Rajasthani Garam Masala is a heady blend of an assortment of whole spices that have been roasted to perfection and then finely ground to bring out its rich flavour and aroma. Prepared with an age-old recipe, this blend adds the perfect flavour and fragrance of spices to food.



- Signature
- 100% Natural
- Warm & Aromatic
- A heady blend of roasted & freshly ground whole spices
- Unique authentic aroma and flavour

NET WEIGHT 100 Grams













## **Jhatpat Masala**



Jhatpat Masala is a blend of freshly ground spices. One of it's kind and all in one, it has all the spices required. It makes cooking easy and quick while bringing out the perfect flavour of masalas.



NET WEIGHT
250 Grams

M.R.P. (ALL Incl.) **₹369** 



#### Signature

- Ready & Tasty
- Special recipe made with perfection for quick cooking
- All in one spice mix with authentic flavour
- Perfect for cooking Indian curries, pulao, sabji, dal etc.















For further assistance, please contact us on:



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