



GOOD FOODS 🌿 SEASONINGS 🌿 WELLNESS 🌿 SPICES

100% Natural & Pure  
Freshly Prepared in Small Batches

# RASATVA

## GOOD FOODS

01

**HARA METHI DANA**  
Green Fenugreek Seeds

02

**SUNDRIED SPROUTS MIX**

03

**BAJRA KHICHIA**

04

**BIKANERI MANGODI**  
Signature

05

**BIKANERI MANGODI**  
Masala  
Signature

## SEASONINGS

01

**CALCUTTA CHAAT MASALA**  
Signature

02

**PAHADI CHAAT MASALA**  
Signature

03

**GREEN CHILLI FLAKES**  
Signature

04

**BOMBAY CUTTING CHAI MASALA**  
Signature

05

**GARLIC CHUTNEY MASALA**  
Signature

06

**CINNAMON POWDER**

07

**HIMALAYAN BLACK SALT**  
Kaala Namak

08

**HIMALAYAN ROCK SALT**  
Sendha Namak

# RASATVA

## WELLNESS

01

**SABJA** ---  
Basil Seeds

02

**BEETROOT POWDER** ---

03

**SPINACH POWDER** ---

04

**WHEATGRASS POWDER** ---

05

**MORINGA POWDER** ---

06

**LAKADONG CHYRMIT** ---  
High Curcumin Turmeric Powder

07

**WILD FOREST HONEY** ---

08

**PALM SUGAR** ---

## SPICES

01

**UNJHA JEERA** ---  
Cumin Seeds

02

**JODHPUR LAL MIRCH** ---  
Red Chilli Powder

03

**SANGLI HALDI** ---  
Turmeric Powder

04

**KUMBHRAJ DHANIA** ---  
Coriander Powder

05

**ANDHRA AMCHUR** ---  
Mango Powder

06

**RAJASTHANI GARAM MASALA**

07

**HIMALAYAN ROCK SALT** ---  
Sendha Namak

08

**JHATPAT MASALA** ---  
All Spice Mix

**SPICES BOX**

**SPICES BOX MINI**

# 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.)

**₹299**



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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**



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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**

M.R.P. (ALL Incl.)  
**₹299**



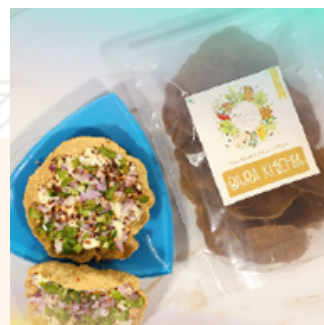
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Khichia ki Churi



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.



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

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)  
**₹339**



# 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** M.R.P. (ALL Incl.) **₹349**



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Kadhi Mangodi



Masala Mangodi Sprouts Sabji



Dahi Chaat Mangodi



Veggie Masala Mangodi

# 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

NET WEIGHT

**60 Grams**

M.R.P. (ALL Incl.)

**₹229**



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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
- > 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**

M.R.P. (ALL Incl.)

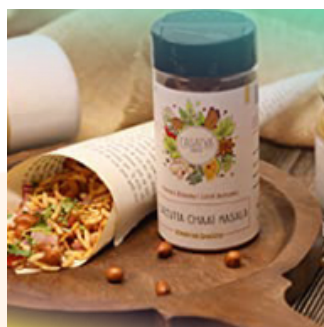
**₹229**



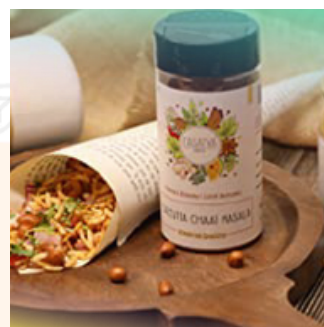
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Teekha Chhaach



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 its kind, it adds a unique zest when sprinkled on food, especially pizzas, salads, sandwiches and all kinds of snacks.



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

NET WEIGHT  
30 Grams

M.R.P. (ALL Incl.)  
₹199



# 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.



- › **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

NET WEIGHT

**40 Grams**

M.R.P. (ALL Incl.)

**₹259**



# 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 its authentic flavour, it is a delicious accompaniment with your everyday simple food.



- › 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

NET WEIGHT  
**60 Grams**

M.R.P. (ALL Incl.)  
**₹229**



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Garlic Chutney



Spicy Vegetable Sandwich



Chatpata Idli



Garlic Coriander Paratha

# 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.



- › 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

NET WEIGHT  
**40 Grams**

M.R.P. (ALL Incl.)

**₹239**



# 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.



- › 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

NET WEIGHT

**125 Grams**

M.R.P. (ALL Incl.)

**₹169**



# 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.



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

NET WEIGHT  
**125 Grams**

M.R.P. (ALL Incl.)  
**₹169**



# 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.



- › 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

NET WEIGHT  
**100 Grams**

M.R.P. (ALL Incl.)  
**₹359**



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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 Gram**

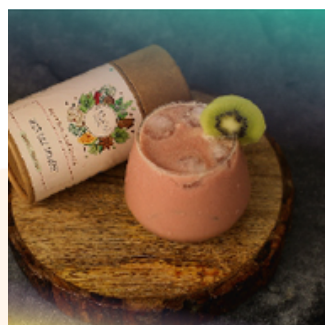
M.R.P. (ALL Incl.)  
**₹329**



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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.



- › 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

NET WEIGHT  
**100 Grams**

M.R.P. (ALL Incl.)

**₹329**



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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**

M.R.P. (ALL Incl.)  
**₹359**



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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.



- › 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

NET WEIGHT  
**100 Grams**

M.R.P. (ALL Incl.)  
**₹299**



# Lakadong Chyrmnit



Lakadong Chyrmnit 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.



- › 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

NET WEIGHT **100 Grams** M.R.P. (ALL Incl.) **₹359**



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Immunity Bites



Ginger Turmeric Tea



Tangy Turmeric Shot

# Wild Forest Honey



Harvested from the hills of Uttarakhand, our Wild Forest Honey is pure nectar packed with natural enzymes, antioxidants, and rich flavour. Perfect for sweetening beverages, breakfast bowls, or enjoyed on its own.



- › From the hillside in Uttarakhand
- › Packed with natural enzymes
- › 100% Natural
- › Rich in anti-oxidants
- › Sustainably sourced
- › No additives, No preservatives, No MSG

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)  
**₹679**



# Palm Sugar



Rasatva's Palm Sugar is 100% natural and pure. Made from the fresh sap of palm trees, it has a rich, caramelized flavour and low glycemic index, which makes it a healthier alternative to refined sugars. The natural goodness makes it perfect for adding sweetness to beverages and food, while supporting a balanced lifestyle



- › Made from the fresh sap of palm trees
- › Rich caramelized flavour
- › Low glycemic index
- › Healthier alternative to refined sugar
- › 100% Natural
- › Perfect for adding sweetness to food & beverages

NET WEIGHT  
**200 Grams**

M.R.P. (ALL Incl.)  
**₹399**





# Your Everyday Masalas



Freshly prepared and delivered

Create your own SPICE BOX with pure single-origin spices. Choose your spices and required quantities, and it will be prepared fresh and delivered to your doorstep.

## Choose your Masalas



### Unjha Jeera

₹122/250gms (₹515/kg)

Large seeds, stemless, free from dust and impurities.

### Andhra Amchur

₹103/250gms (₹431/kg)

Balanced sour flavour, fresh aroma, free-flowing texture, no added acids or fillers.



### Jodhpur Lal Mirch

₹113/250gms (₹479/kg)

Medium heat, rich aroma, free from stems and fillers

### Rajsthani Garam Masala

₹168/100gms (₹1797/kg)

Signature blend, slow-roasted and freshly ground



### Sangli Haldi

₹107/250gms (₹455/kg)

Signature golden colour, clean aroma and flavour, low moisture for longer freshness.

### Himalayan Rock Salt

₹135/900gms (₹160/kg)

Balanced salinity, light pink crystals, free from additives and bleaching, no artificial iodine.



### Kumbhraj Dhania

₹95/250gms (₹407/kg)

Coarsely ground, free from dust and husk

### Jhatpat Masala

₹230/250gms

One spice mix for easy, everyday home-style cooking.



Minimum Order Value ₹899/-

# Your Everyday Masalas



**Try it out with our Mini Pack!**

Bring the authentic flavors and freshness to your kitchen through premium 'Desh ke Masale' sourced from native origins.

- 100% Natural
- Sourced from native origins
- Freshly prepared in small batches

## Contents:

- Unjha Jeera (75g)
- Jodhpur Lal Mirch Powder (75g)
- Sangli Haldi Powder (75g)
- Kumbhraj Dhania Powder (75g)
- Andhra Amchur Powder (75g)
- Rajasthani Garam Masala Powder (75g)
- Himalayan Rock Salt (150g)

**MRP**

**₹1699**

**Offer**

**₹499**

# 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.



- › 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

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)  
**₹429**



# 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.



- › 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

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)

**₹399**



# 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**

M.R.P. (ALL Incl.)  
**₹379**



# Kumbhraj Dhania



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

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)

**₹339**



# 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.



- › 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

NET WEIGHT

**900 Grams**

M.R.P. (ALL Incl.)

**₹479**



# 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

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)  
**₹359**



# 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  
**250 Grams**

M.R.P. (ALL Incl.)  
**₹599**



# 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.



- › **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.

NET WEIGHT  
**250 Grams**

M.R.P. (ALL Incl.)  
**₹459**





For further assistance, please contact us on:



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**contact@rasatva.com**

**www.RASATVA.com**

