

**Dried Fruit**

Apple Rings  
Whole Apricots  
Chopped Apricots  
Banana Chips  
Blueberries  
Cranberries in Apple Juice  
Crystallised Ginger  
Currants  
Chopped Dates  
Organic Pitted Dates  
Non-organic Pitted Dates  
Figs  
Goji Berries  
Mango Pieces  
Mulberries  
Papaya  
Diced Pineapple  
Pitted Prunes  
Raisins  
Jumbo Flame Raisins  
Sultanas  
Sundried Tomatoes

**Pulses/Beans**

Aduki  
Black Turtle  
Brown Lentils  
Cacao Nibs  
Cannelini  
Chickpeas  
Dark Speckled Lentils  
Green Lentils  
Green Split Peas  
Haricot  
Mung  
Pinto  
Red Kidney  
Red Split Lentils  
Seven Bean Mix  
Soya Beans  
Yellow Split Peas  
Butter Beans

## **Nuts and Seeds**

Alfalfa

Blanched Almonds

Flaked Almonds

Ground Almonds

Whole Almonds

Amaranth

Whole Brazil Nuts

Broken Brazil Nuts

Cashew Pieces

Roasted and Salted Cashews

Whole Cashews

Chia Seeds

Desiccated Coconut

Raw Coconut Chips

Toasted Coconut Chips

Gourmet Seed Mix

Hazelnuts

Brown Linseed

Golden Linseed

Macadamia

Nut Mix

Omega Mix

Blanched Peanuts

Paleskin Peanuts

Roasted and a Salted Peanuts

Pecan Halves

Pinenuts

Roasted and Salted Pistachios

Raw Pistachios (No Shell)

Psyllium Husk

Pumpkin Seeds

Sesame

Sunflower Seeds

Walnut Pieces

**Grains**

Raw Buckwheat

Bulgar Wheat

White Couscous

Wholemeal Couscous

Millet

Popcorn

Quinoa

Arborio Rice

Basmati brown Rice

Basmati White Rice

Brown Long-grain Rice

Brown short-grain Rice

Wild Rice

Pearl Barley

**Snacks**

Bombay Mix

Fried and Salted Corn

Garlic Sticks

Sesame Sticks

Spicy Chickpeas

Fried and Salted Broad Beans

**Prepared Foods**

Stuffing Mix

Sauce Mix

TVP Chunks

TVP Mince

Orzo Pasta

Whole Wheat Fusilli Pasta

## **Cereals**

Apple and Cinnamon Muesli

Barley Flakes

Bran Flakes

Buckwheat Flakes

Classic Muesli

Deluxe Muesli

Fruit and Nut Muesli

Fruit Crunch

Luxury Tropical Muesli

Millet Flakes

Oat and Coconut Granola

Oat Bran

Oatmeal Medium

Jumbo Oats

Porridge Oats

Quinoa Flakes

Rye Flakes

Spelt Flakes

Super Hi-Fibre Muesli