

**SIMPLY
PURE
NOTHING
MORE**

Find more details at
www.daaliearthfoods.com.pk

ڈالی



daali[®]
earthfoods





**STONE
GROUND**

**SLOW
GROUND**

Grains are milled gently between two stones ensuring that essential vitamins and nutrients are retained

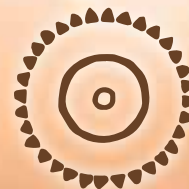


Through Daali Earthfoods, we hope to bring you the best of our locally grown & traditionally processed foods.

At Daali, we believe that grains exist in an optimal nutritional balance in nature. Daali consciously tries to incorporate the principles of healthy eating from our own traditions and uses only locally grown produce. Hence, Daali Products are minimally processed, hearty and wholesome, guaranteed whole grain, the oil is 100% cold pressed.



ڈالی



FROM **daali**[®] WITH LOVE
earthfoods

SPICES & HERBS



ڈالی



daali®
earthfoods



SPICES & HERBS RANGE



BLACK PEPPER

More than just a food flavor enhancer, black pepper offers health benefits thanks to its bioactive compounds.

Health Benefits:

- Improves memory
- Has anti-inflammatory properties



CORIANDER

Used as a flavoring agent in varied cuisines, coriander has a fresh citrus taste with a strong aroma that adds to flavor of the dish its being added to.

Health Benefits:

- Cure for mouth ulcers
- Improves cardiovascular health



CHAAT MASALA

It is spicy, salty and tangy in taste and perks up the taste of any simple dish instantly.

Health Benefits:

- Rich in minerals
- Aids in digestion



GARAM MASALA

Believed to contain a balance of all six tastes, garam masala adds an incredible flavor and depth to a variety of dishes.

Health Benefits:

- Fights bloating
- Boosts digestion



CINNAMON

One of the most delicious and healthiest spices on the planet, cinnamon has a sweet and woody flavor and its spicy taste is often likened to the powerful punch of cloves.

Health Benefits:

- Anti-viral and anti-bacterial properties
- Treatment for infertility



TURMERIC

Not only does it have a long list of health benefits, it also enhances the color, smell and taste of any recipe it is added to.

Health Benefits:

- Boosts immune system
- Helps prevent arthritis



SPICES & HERBS RANGE



RED CHILLI

Commonly used in cuisines to make food spicier, red chilli powder adds a lovely red glow and sharp flavor to dishes.

Health Benefits:

- ▲ Clears congestion
- ▲ Has anti-bacterial properties



PINK ROCK SALT

Used as a universal flavor enhancer, Khewra's pink rock salt with its diverse mineral contents, helps minimize the potential hazards of excess salt.

Health Benefits:

- ▲ Regulates fluid throughout the body
- ▲ Prevents cramps



CUMIN

Cumin has a slightly sweet, warming flavor with a nutty element, and these qualities mean it's often seen as a savory alternative to cinnamon.

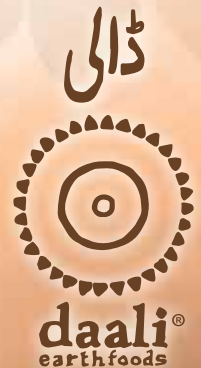
Health Benefits:

- ▲ Cures hemorrhoids
- ▲ Decreases cognitive disorders

SPICES & HERBS RANGE

Our well blended spices & herbs are ground using traditional methods; hence, they contain no preservatives and are free of artificial flavors and colors.

- BLACK PEPPER
- CHAAT MASALA
- CINNAMON
- CORIANDER
- GARAM MASALA
- TURMERIC
- RED CHILLI
- PINK ROCK SALT
- CUMIN



FLOUR & RICE



ڈالی



daali®
earthfoods



FLOUR & RICE RANGE



WHOLEWHEAT AATA (باریک پسائی) چکی آٹا

Wholewheat aata is obtained by grinding the entire wheat kernel with all the nutrients intact. It is relatively healthier as compared to regular wheat flour.

Health Benefits:

- ▲ Reduces Type-2 diabetes
- ▲ Improves metabolism



WHOLEWHEAT AATA (موٹی پسائی)

Daali Wholewheat Aata is coarsely ground. When ingested, it will scrape clean the intestine and maintain overall gut health.

Health Benefits:

- ▲ Protects against coronary diseases
- ▲ Provides extra fiber for the body.



BAJRA FLOUR

Grayish in color with a nutty flavor, bajra flour is a storehouse of nutrition. Enriched with fiber, proteins and essential minerals, it is a healthy gluten-free alternative.

Health Benefits:

- ▲ Lowers blood pressure
- ▲ Aids in weight loss



BROWN RICE FLOUR

It is gluten-free and has a neutral flavor. It is high in fiber and selenium which is very important for thyroid health.

Health Benefits:

- ▲ High in antioxidants
- ▲ Keeps digestive tract healthy



DAAL CHANA FLOUR

Chana flour has an earthy taste that will give you extra energy.

Health Benefits:

- ▲ Cures anemia
- ▲ Fights allergies



4-GRAIN AATA

A unique combination of four wholegrains that may not be a part of your regular diet: barley, wheat, corn & bajra.

Health Benefits:

- ▲ Improves vision
- ▲ Rich in trace minerals



FLOUR & RICE

RANGE



DIABETIC & DIET AATA

A special mix of wholewheat, desi Jau (barley) and kala channa, which is ideal for insulin sensitive and diabetic people.

Health Benefits:

- ▲ Detoxifies the body
- ▲ Helps in weight loss



BROWN RICE

Brown rice is a highly nutritious gluten-free grain that contains an impressive amount of vitamins, minerals and beneficial compounds.

Health Benefits:

- ▲ Aids in weight loss
- ▲ Keeps kidney healthy



WHOLEGRAIN SPELT FLOUR

Spelt is an ancient (non-genetically modified) wheat variety, having properties just like wholegrain wheat. This seed has been naturally cultivated and is a welcome addition to your table.

Health Benefits:

- ▲ It has low glycemic index
- ▲ Helps in reducing LDL (Bad Cholesterol)



BAISIN

It serves as an excellent source of vital nutrients and fibers. Apart from adding an aromatic flavor, it also adds many health benefits to your lifestyle.

Health Benefits:

- ▲ Controls diabetes
- ▲ Tightens skin



BARLEY FLOUR

Barley is a super grain that needs to be included into our daily nutrition plan. It has a rich texture and taste.

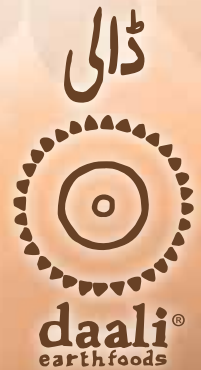
Health Benefits:

- ▲ Helps in preventing osteoporosis
- ▲ Keeps intestine healthy

FLOUR & RICE RANGE

At Daali, flour is milled on our own natural stone mills at slow speed, ensuring that none of our milled items are exposed to high heat at any time.

- WHOLEWHEAT AATA چکی آٹا (باریک پسائی)
- WHOLEWHEAT AATA (موٹی پسائی)
- 4-GRAIN AATA
- DIABETIC & DIET AATA
- WHOLEGRAIN SPELT FLOUR
- BAJRA FLOUR **GLUTEN FREE**
- DAAL CHANA FLOUR **GLUTEN FREE**
- BROWN RICE FLOUR **GLUTEN FREE**
- BROWN RICE
- BAISIN
- BARLEY FLOUR





ڈالی



daali®
earthfoods



BERI HONEY

Daali's Beri Honey is collected from the hives found on the Sidr Tree. The honey is pure and unprocessed, produced by (چھوٹی مکھی) and is the most sought after honey.

Health Benefits:

- ▲ Beneficial for heart health
- ▲ Strengthens immune system



EUCALYPTUS BLOSSOM HONEY

Collected by the bees from the blossoms of eucalyptus plant. It has a strong earthy flavor and is medium sweet.

Health Benefits:

- ▲ Remedy for cough & cold
- ▲ Helps with rheumatism



ACACIA BLOSSOM HONEY

Densely packed with natural pollen and enzymes, it is light in appearance and has a smooth flow which makes it a perfect condiment for desserts and drinks.

Health Benefits:

- ▲ Contains powerful antioxidants
- ▲ Beneficial for growing children



CITRUS BLOSSOM HONEY

Collected from the blossoms of citrus plant, this honey is super smooth, delicate and sweet, which contains anti-cancer properties.

Health Benefits:

- ▲ Stimulates production of red blood cells
- ▲ Reduces dark spots on the face



CARISSA BLOSSOM HONEY

Carissa is a special honey with a pleasant taste and light aroma. It is a multi-purpose miracle of nature that can be used for its numerous health benefits.

Health Benefits:

- ▲ Strengthens cardiac muscle
- ▲ Cures anemia



CLOVER BLOSSOM HONEY

Thick and sweet syrup made by honey bees that collect the nectar of clover plants. It is mild in taste and light in color, making it a popular choice among honey enthusiasts.

Health Benefits:

- ▲ Helps regulate blood pressure
- ▲ Effective against bleeding gums & mouth ulcers



OLIVE BLOSSOM HONEY

This honey is derived from the olive plant which makes it even more special, unique and healthier with truly great health benefits.

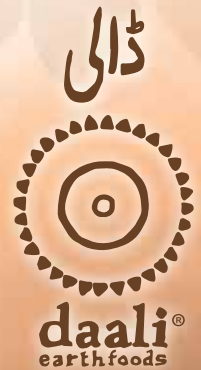
Health Benefits:

- ▲ Aids in wound healing
- ▲ Alleviates asthma



Made by extracting honey from the honeycombs of the hive and pouring it over a mesh or cotton cloth to separate the honey from impurities. Once strained, honey is bottled and ready to be enjoyed.

- BERI HONEY
- ACACIA BLOSSOM HONEY
- CARISSA BLOSSOM HONEY
- EUCALYPTUS BLOSSOM HONEY
- CITRUS BLOSSOM HONEY
- OLIVE BLOSSOM HONEY
- CLOVER BLOSSOM HONEY





OIL & GHEE



We only use a wooden kohlu (oil-press) for producing desi sarson cooking oil, hair & body massage oil and coconut oil.

ڈالی



daali®
earthfoods



OIL & GHEE RANGE



DESI SARSON OIL

Produced from the seeds of mustard plant, sarson oil is known for its strong flavor and high smoke point making it ideal for frying and cooking.

Health Benefits:

- ▲ Promotes skin and hair health
- ▲ Reduces inflammation



DESI GHEE

Daali's Desi Ghee is 100% pure with no vegetable fat added, it gives you the goodness and nourishment of milk and the delicious taste that defines our cuisine.

Health Benefits:

- ▲ Strengthens overall health
- ▲ Rich source of vitamins and antioxidants



COCONUT OIL

Coconut oil offers many health benefits and has a delicate taste. It is an ideal replacement for commercially available edible oils and can be applied topically for skin ailments.

Health Benefits:

- ▲ Encourages fat burning, KETO Friendly
- ▲ Improves heart health



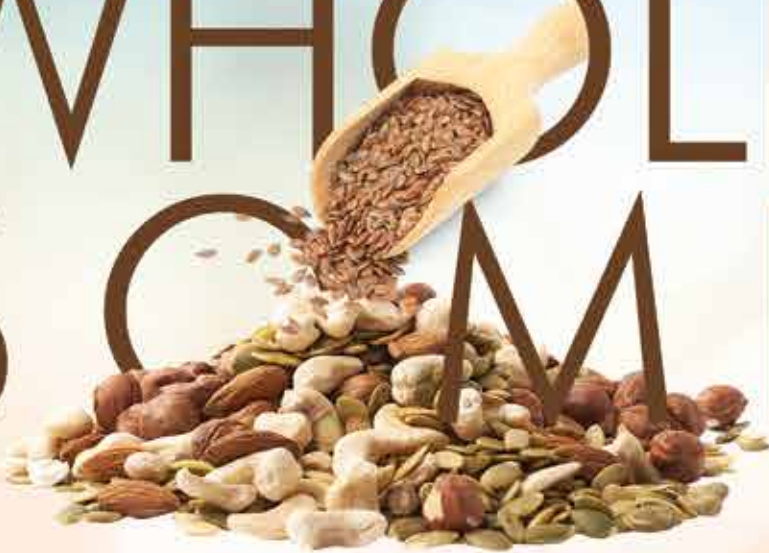
DESI SARSON HAIR & BODY MASSAGE OIL

Sarson oil massage radically improves blood circulation in the body. Relieves joint and muscle pain during dry and cold weather.

Health Benefits:

- ▲ Prevents cramps
- ▲ Reduces skin dryness

WHOLE SOME

A wooden scoop is tilted, pouring a stream of brown seeds into a white bowl. The bowl is filled with a variety of nuts and seeds, including almonds, cashews, and green pumpkin seeds. The background is a soft, light blue and white gradient with faint, stylized illustrations of various vegetables and fruits.

ڈالی



daali®
earthfoods



WHOLESOME RANGE



MUESLI

A ready-to-eat cereal consisting of whole grain oats mixed with nuts, seeds and a variety of dried fruits.

Health Benefits:

- ▲ Boosts energy
- ▲ Decreases the risk of heart disease



GRANOLA

A breakfast/snack food loaded with rolled oats, nuts and honey, baked until it is golden brown and crispy.

Health Benefits:

- ▲ Gives relief from constipation
- ▲ Reduces blood pressure



PANJEERI

Loaded with nutrients and energy, panjeeri consists of wheat, dry fruits, desi ghee and gurr. All of your favorite healthy ingredients put together in one divine recipe.

Health Benefits:

- ▲ Cures weakness
- ▲ Lubricates joints



GURR WITH NUTS

A natural sweetener, Gurr is a rich source of minerals, proteins and vitamins. In contrast with white sugar, it contains a robust quantity of iron and copper percentage.

Health Benefits:

- ▲ Purifies blood
- ▲ Improves digestion



SATOO

Rich in protein and dietary fibre, satoo is a nutritious indigenous drink that has a cooling effect in the summers.

Health Benefits:

- ▲ Improves bowel movement
- ▲ Aids in weight loss



GURR

A natural sweetener, Gurr is a rich source of minerals, proteins and vitamins. In contrast with white sugar, it contains a robust quantity of iron and copper percentage.

Health Benefits:

- ▲ Purifies blood
- ▲ Improves digestion



WHOLESOME RANGE



WHOLEGRAIN DESI BARLEY PORRIDGE

A tasty alternative to steel-cut oats, this heart-healthy barley porridge is low in sugar and high in fiber. We add a dash of Daali cinnamon to our porridge for that extra kick.

Health Benefits:

- ▲ Lowers cholesterol
- ▲ Prevents constipation



QUINOA SEED

Has a mild flavor and can be used as a healthy replacement for white rice. It is enriched with proteins and lowers cholesterol.

Health Benefits:

- ▲ Good for blood sugar control
- ▲ Beneficial for metabolic health



FLAXSEED POWDER

Flaxseed has a mild nutty flavor that complements a number of dishes. You can add ground flaxseed to pancake or waffle batter or to any number of baked goods, such as muffins and cakes.

Health Benefits:

- ▲ Reduces cholesterol
- ▲ Lowers blood pressure



CHIA SEED

Chia seeds complement both sweet and savory dishes. They're very subtle in their taste, in raw form, the texture of chia seed is crunchy and dense.

Health Benefits:

- ▲ Makes skin clearer
- ▲ Natural mood lifter



MAROONDAY

Crispy, crunchy and healthy, this desi treat, sweetened with gurr, will leave you asking for more.

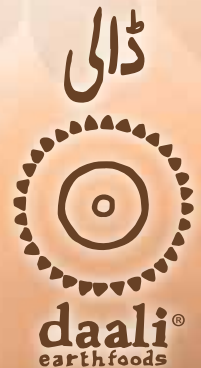
Health Benefits:

- ▲ Relieves constipation
- ▲ Strengthens bones



Daali brings you the nature's finest with a higher nutritional value. Naturally enriched with fibers, vitamins, minerals and antioxidants, our wholesome range helps boost immunity and protects against diseases which ultimately contribute to vibrant health.

- CHIA SEED
- FLAXSEED POWDER
- QUINOA SEED
- MUESLI
- GRANOLA
- SATOO
- PANJEERI
- GURR
- GURR WITH NUTS
- MAROONDAY
- WHOLEGRAIN DESI BARLEY PORRIDGE



ڈالی



daali[®]
earthfoods


Head Office:


DAALI EARTHFOODS

Address: 236, Street # 19,
Main Ibrahim Colony, Harbanspura, Lahore.

Call: 0321-8403810

www.daaliearthfoods.com.pk

 /daaliearthfoods

 /daaliearthfoods