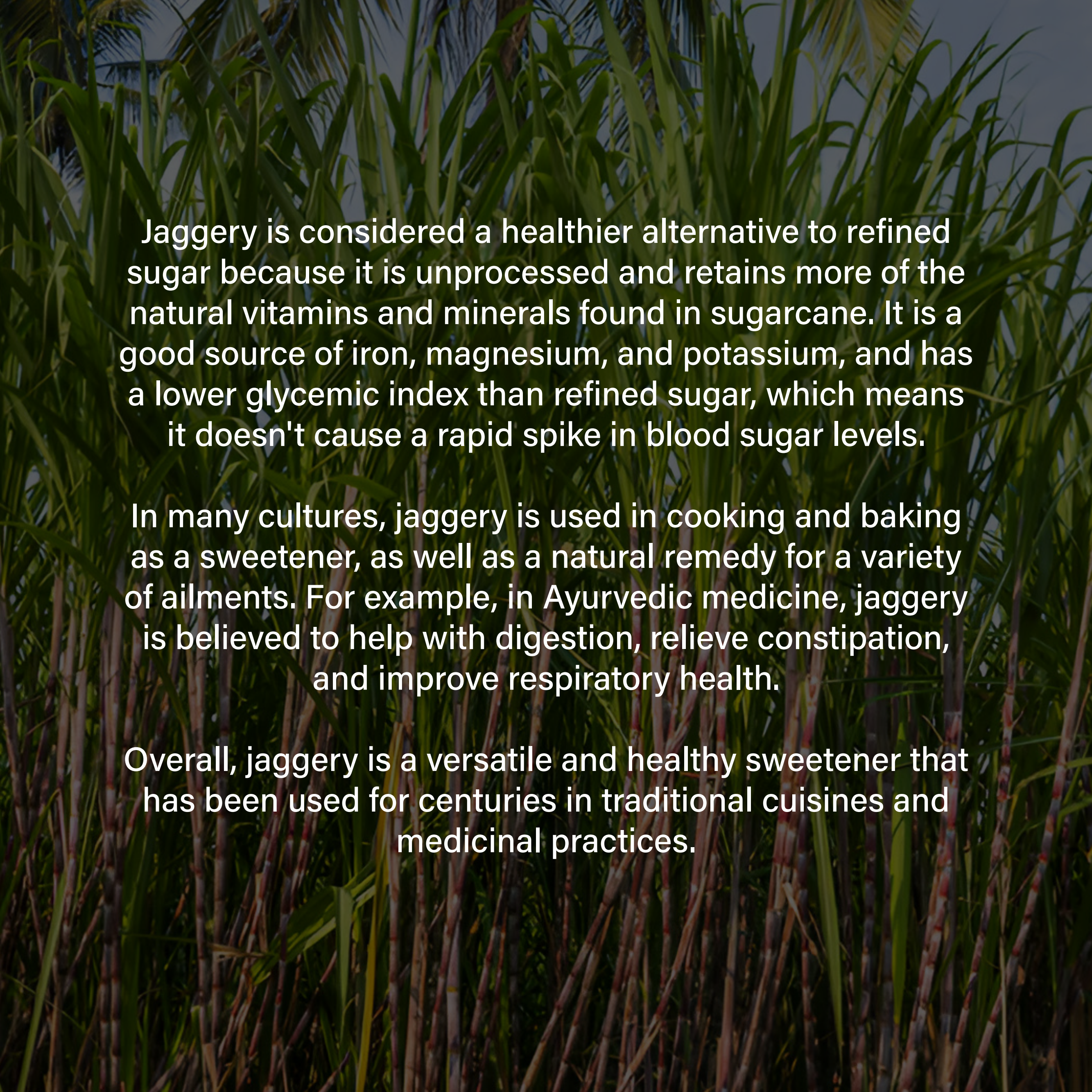




Natural
Jaggery

OATHGROW



Jaggery is considered a healthier alternative to refined sugar because it is unprocessed and retains more of the natural vitamins and minerals found in sugarcane. It is a good source of iron, magnesium, and potassium, and has a lower glycemic index than refined sugar, which means it doesn't cause a rapid spike in blood sugar levels.

In many cultures, jaggery is used in cooking and baking as a sweetener, as well as a natural remedy for a variety of ailments. For example, in Ayurvedic medicine, jaggery is believed to help with digestion, relieve constipation, and improve respiratory health.

Overall, jaggery is a versatile and healthy sweetener that has been used for centuries in traditional cuisines and medicinal practices.

Taste The Tradition





JAGGERY MINIATURE

With Fennel Seeds



These Jaggery cubes offer a host of health benefits such as improved digestion, lower cholesterol, and aid in weight loss. Plus, Fennel Seeds are known to have anti-inflammatory properties and are a rich source of fibre and vitamins.

Nutrition Facts

Serving size	100g
Amount per serving	
Calories	367
	% Daily Value
Total fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 94.52mg	7%

Total Carbohydrate 99.04	30%
Dietary fiber 0g	0%
Total Sugars 99	0%
Include 0g added sugar	
Protein 0.35g	0%
Vitamin D 0mcg	0%
Calcium 252.83	18%
Magnesium 99.21mg	35%
Iron 0	4%
Potassium 256mg	17%



JAGGERY MINIATURE

With Sesame Seeds



Our Jaggery Miniature with Sesame seeds is a powerful source of nutrition and minerals. It helps balance the hormones, improves digestion, and boosts your immunity.

Rich in antioxidants, it also helps reduce inflammation and free radical damage. A delicious and healthy snack - perfect for any time of day!

Nutrition Facts

Serving size	100g
Amount per serving	
Calories	367
	% Daily Value
Total fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 94.52mg	7%

Total Carbohydrate 99.04 30%

Dietary fiber 0g	0%
Total Sugars 99	0%
Include 0g added sugar	
Protein 4g	4%
Vitamin D 0mcg	0%
Calcium 252.83	15%
Magnesium 99.21mg	32%
Iron 0	4%
Potassium 256mg	15%



JAGGERY MINIATURE

With Dry Ginger



Our Jaggery Miniature with Dry Ginger is a healthy and delicious option for those looking to add a touch of sweetness to their food while also receiving added nutritional benefits. It's a perfect ingredient for desserts, chocolates, sweets, and even in curries and gravies. Try it today and experience the unique flavour and health benefits!

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	367
	% Daily Value
Total fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 94.52mg	7%
Total Carbohydrate 99.04	30%
Dietary fiber 0g	0%
Total Sugars 99	0%
Include 0g added sugar	
Protein 0.35g	0%
Vitamin D 0mcg	0%
Calcium 252.83	18%
Magnesium 99.21mg	35%
Iron 0	4%
Potassium 256mg	17%



Jaggery Powder



Jaggery powder with essential minerals and vitamins to help you look and feel your best. Rich in Iron, Vitamin C, potassium, and other essential nutrients which are beneficial for skin & hair health. Low in calories and fat, making it an excellent choice to support weight loss goals. It's packed full of natural nutrients, vitamins, and minerals that promote skin, hair, and weight health.

Nutrition Facts

Serving size	100g
Amount per serving	
Calories	367
	% Daily Value
Total fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 94.52mg	7%

Total Carbohydrate 99.04	30%
Dietary fiber 0g	0%
Total Sugars 99	0%
Include 0g added sugar	
Protein 0.35g	0%
Vitamin D 0mcg	0%
Calcium 252.83	18%
Magnesium 99.21mg	35%
Iron 0	4%
Potassium 256mg	17%



Brown Sugar



Our Brown sugar is a natural powerhouse of goodness. The all-natural ingredients are carefully selected to provide maximum benefits, and the special formulation ensures deep conditioning and revitalization of your skin and hair. Rich in fibers, proteins, and minerals, it helps you maintain weight and keeps your body in tip-top shape.

Nutrition Facts

Serving size	100g
Amount per serving	
Calories	398
	% Daily Value
Total fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 88.72mg	3.5%

Total Carbohydrate 99.05	33%
Dietary fiber 0g	0%
Total Sugars 97.26	0%
Include 0g added sugar	
Protein 0.12g	0.12%
Vitamin D 0mcg	0%
Calcium 170.9mg	17%
Magnesium 56.81	14%
Iron 0	0%
Potassium 42.47	1.2%



Rock Brown Sugar



Our all-natural, Dhaga Mishri is made from hand-picked sugarcane and slow-cooked for a flavor that is both authentic and delicious. Experience an elevated sweetness in every bite of our Dhaga Mishri– perfect for any special occasion or to complete your daily indulgence!

Nutrition Facts

Serving size	100g
Amount per serving	
Calories	399
	% Daily Value
Total fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 2.99mg	0%

Total Carbohydrate 99.22	33%
Dietary fiber 0g	0%
Total Sugars 99.06	0%
Include 0g added sugar	
Protein 0.35g	0%
Vitamin D 0mcg	0%
Calcium 150.9g	15%
Magnesium 54mg	13%
Iron 0	4%
Potassium 76.83mg	2%



Natural Raw Sugar



Natural raw sugar is produced without the use of synthetic pesticides, fertilizers, or genetically modified organisms (GMOs). This means that the sugarcane used to produce the sugar is grown using natural methods that promote soil health and biodiversity, and that the final product is free from harmful chemicals.

In addition to its natural sweetness, natural raw sugar contains small amounts of minerals such as calcium, magnesium, and potassium, which are important for overall health. However, it is still a type of sugar and should be consumed in moderation as part of a healthy diet.

A thick, dark brown liquid is being poured from a glass pitcher into a glass bowl. The liquid is very viscous, creating a thick stream that falls into the bowl and forms a small vortex. The background is white.

Molasses

Molasses is a thick, dark syrup that is produced during the process of refining sugarcane into sugar. It is a byproduct of the sugar-making process, and is commonly used as a sweetener in cooking and baking.

Get In Touch With Us

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