



DRY FRUIT NAMES

POPPY SEEDS

Poppy seeds are an iconic ingredient in many dishes, adding a unique flavor and texture to the food. Commonly used throughout the Middle East, Asia, Europe, and North America, poppy seeds have become a staple ingredient in many cultures.



POPPY SEEDS



DRY FRUIT NAMES

Apricot Seeds

Apricot seeds, or kernels, are the edible seeds found in the center of apricots. While small in size, they have a surprisingly sweet and nutty taste and can be used as an ingredient in a variety of dishes. They also offer many health benefits due to their high nutrient content.



Apricot Seeds



DRY FRUIT NAMES

Pumpkin Seeds

Pumpkin seeds are a delicious snack that is packed with nutrients and health benefits. They are an excellent source of minerals such as zinc, iron and magnesium as well as antioxidants. Eating pumpkin seeds can help to improve overall health, reduce inflammation, and even aid in weight loss.



Pumpkin Seeds



DRY FRUIT

Coconut

Coconut is a popular, multipurpose ingredient found in many recipes. Its sweet, nutty flavor adds a unique touch to dishes ranging from desserts to savory main courses. In addition to its culinary uses, coconut has many other benefits that make it an excellent choice for health and beauty routines.



Coconut



DRY FRUIT

Prunes

Prunes may be small, but they pack a big nutritional punch. For centuries, prunes have been lauded for their health benefits and are now making a comeback in modern diets. Prunes are dried plums with a unique combination of vitamins, minerals and antioxidants that make them an incredibly healthy snack or addition to any meal.



Prunes



DRY FRUIT NAMES

Makhana

Makhana, also known as fox nuts or lotus seed, is a crunchy and flavor-packed snack that originated in India. This nutrient-rich superfood has been enjoyed for centuries due to its health benefits and deliciousness. It is no wonder Makhana has gained the attention of the health-conscious crowd today!



Makhana



DRY FRUIT NAMES

Dry Berries

Dry berries are an excellent snack option for those who want a healthy, nutritious treat. Perfectly versatile and easy to add to any meal or eat alone, dry berries contain essential vitamins and minerals that keep you feeling full and energized throughout the day



Dry Berries



DRY FRUIT NAMES

Raisins

Raisins are one of the most popular dried fruits in the world. Not only do they offer a natural sweetness and crunch, but they are also packed with vitamins and minerals. As a snack or an addition to recipes, raisins provide numerous health benefits that many people may not be aware of.



Raisins



DRY FRUIT NAMES

Almonds

Almonds are a delicious and nutritious snack loved by many. They are a great source of healthy fats and proteins that can help keep you feeling full for longer. Not only that, but almonds also provide numerous other important vitamins, minerals and antioxidants.



Almonds



DRY FRUIT NAMES

Hazelnuts

Hazelnuts are a popular tree nut grown around the world. This type of nut is highly nutritious, packing in multiple vitamins and minerals. They are frequently used in baking and cooking recipes, as well as being enjoyed plain or added to salads for a nutritional boost. Hazelnuts have also been linked with numerous health benefits, making them an excellent addition to any diet.



Hazelnuts



DRY FRUIT NAMES

Dry Figs

Dry figs are an incredibly nutritious and delicious snack. They are a good source of fiber, potassium, copper and manganese, which makes them a great snack for those looking to get their daily dose of vitamins and minerals. Not only are they packed with nutrients, dry figs also have a unique taste that is both sweet and slightly tart.



Dry Figs



DRY FRUIT NAMES

Sesame Seeds

Sesame seeds are one of the oldest cultivated crops in the world. Dating back to as early as 1600 BC, they were widely used throughout ancient Greece and Rome for their medicinal properties, as well as culinary uses. The small, nutty seeds have a unique flavor that is often used to enhance dishes and baked goods.



Sesame Seeds



DRY FRUIT NAMES

Cashew Nut

Cashews are a popular and versatile nut that can be used in many different dishes. The cashew tree, which is native to certain parts of the Amazon rainforest, produces a small kidney-shaped nut. Cashews have a creamy texture and mild flavor, making them ideal for both sweet and savory recipes.



Cashew Nut



DRY FRUIT NAMES

Pistachios

Pistachios are popular snack nuts that have been enjoyed for centuries. Native to the Middle East, pistachios date back to biblical times and have become one of the oldest cultivated trees in human history. Today, these salty green nuts are beloved around the world for their delicious flavor and crunchy texture.



Pistachios



DRY FRUIT NAMES

Peanut

Peanuts are a versatile legume that can be enjoyed in many forms. From crunchy and flavorful roasted peanuts to creamy peanut butter, these little powerhouses of nutrition have been delighting eaters for centuries. Rich in healthy fats, protein and essential vitamins, peanuts are a great snack choice for both children and adults alike.



Peanut



DRY FRUIT NAMES

Flax Seed

Flax seed is an incredibly versatile and nutrient-rich food. It has been used for centuries to improve overall health, and its popularity continues to grow today. Not only is flax seed a great source of omega 3 fatty acids, but it also contains lignans which are powerful antioxidants, as well as a good source of protein, fiber and minerals like calcium and magnesium.



Flax Seed



DRY FRUIT NAMES

Watermelon Seeds

Watermelon seeds are a tasty and nutritious snack that have been enjoyed by people for centuries. They are rich in important nutrients, including fatty acids, protein, fiber, and minerals such as magnesium, phosphorus and zinc. Watermelon seeds offer a variety of health benefits that include improved heart health, better digestion, stronger bones and teeth, reduced inflammation and even weight loss.



Watermelon Seeds

Dates

Dates are a delicious and nutritious fruit that have been enjoyed for centuries. They are native to the Middle East, North Africa, and parts of Asia, but now they are widely cultivated in many other regions around the world. Dates contain essential minerals such as selenium, calcium, iron and magnesium as well as vitamins A, B-complex and C. Aside from their unique flavor profile that ranges from sweet to tart depending on the variety of dates chosen, these fruits also offer numerous health benefits.



Dates

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DRY FRUIT NAMES

Betel Nut

Betel nut, also known as areca nut or pinang, is a type of seed derived from the Areca palm tree. Native to tropical regions such as India and Southeast Asia, betel nut is widely consumed by individuals in many countries around the world. In recent years, it has become increasingly popular for its alleged health benefits and stimulating effects.



Betel Nut



DRY FRUIT NAMES

Dry Coconut

Coconut is a sweet and refreshing fruit that has been enjoyed for centuries. It is most commonly known for its white, milky flesh and thick, fibrous husk. However, there are other forms of coconut that are often overlooked in favor of the juicy inside. Dry coconut is an incredibly versatile ingredient with a unique flavor profile that can greatly enhance any dish.



Dry Coconut

Pecans

Pecans are a delicious nut, native to the United States. They have a very distinct flavor that is both sweet and earthy. Pecans can be used in many different types of recipes or eaten on their own as a snack.



Pecans



DRY FRUIT WITH DETAIL

Corn Nuts

Corn Nuts are a unique and delicious snack that has been enjoyed by many people for decades. They are crunchy, flavorful, and come in a variety of different flavors. Corn Nuts were first developed in the 1940s and have since grown to become popular worldwide.

The Corn Nuts



Corn Nuts



DRY FRUIT NAMES

Chestnut

Chestnut is a type of tree that is well known for its tasty nuts and timber. The chestnut tree is native to many parts of Europe, Asia, and North America. It's an important species that was once harvested as a source of food and wood products before being over-harvested in the 19th century.



Chestnut



DRY FRUIT NAMES

Cacao bob

Cacao bob is a unique and delicious treat that has been enjoyed by people all around the world. This unique combination of chocolate and popcorn has made it an instant hit with both kids and adults alike.

It's easy to make, inexpensive, and tastes amazing!



Cacao bob



DRY FRUIT NAMES

Fennel

Fennel is an aromatic vegetable with a distinct flavor that has been used for centuries in both cooking and medicinal applications. The plant, which grows to about two to four feet in height, belongs to the parsley family and produces yellow flowers. It has a thick stalk that supports umbrella-like leaves that attach at its crown.



Fennel



DRY FRUIT NAMES

Walnuts

Walnuts are widely enjoyed as a healthy snack, but also provide a variety of other benefits. Not only do they contain essential minerals and vitamins, but walnuts are also believed to be beneficial for brain health.



Walnuts



DRY FRUIT NAMES

Coffee

Coffee is one of the world's most popular beverages and has been enjoyed for centuries. It provides a boost to start your day and can be used to gather together with friends or colleagues. Not only does coffee have a great taste, it also offers many different health benefits.



Coffee