



**Aids digestion and helps relieve stomach discomfort.**

**Freshens breath and promotes oral health.**

**Has a cooling effect that reduces stress and fatigue.**

**Contains antioxidants that support overall wellness.**

**May help relieve headaches and nasal congestion.**



# Mint

**Egyptian mint is a fragrant herb cultivated in Egypt, valued for its refreshing taste and cooling aroma. It is widely used in beverages, cooking, and traditional medicine.**

## C O N T A C T S

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# Molokhia

**Egyptian molokhia is a green leafy vegetable widely grown in Egypt, famous for its rich flavor and silky texture when cooked. It is a traditional dish deeply rooted in Egyptian cuisine.**



**Rich in vitamins A, C, and E that boost immunity.**

**Contains iron and calcium that support blood and bone health.**

**High in fiber, aiding digestion and gut health.**

**Provides antioxidants that protect the body from diseases.**

**Supports healthy skin, hair, and overall wellness.**

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# white beans

Egyptian white beans are a versatile legume cultivated in Egypt.

valued for their creamy texture and mild flavor.

They are widely used in soups, stews, and traditional dishes.



High in plant-based protein that supports muscle health.

Rich in dietary fiber, aiding digestion and promoting fullness.

Contain essential minerals like iron, magnesium, and potassium.

Support heart health by helping lower cholesterol levels.

Provide slow-releasing energy, keeping blood sugar balanced.

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**Improves digestion and reduces bloating.**

**Supports the immune system with antioxidants.**

**Helps regulate blood sugar levels.**

**Contains iron that boosts energy and prevents anemia.**

**May aid in weight management and metabolism.**



# Cumin

**Egyptian cumin is a popular spice grown in Egypt, known for its warm, earthy flavor and distinctive aroma. It is widely used in cooking, traditional remedies, and spice blends.**

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Helps lower blood pressure naturally.

Rich in antioxidants that boost immunity and protect health.

Supports digestion and improves metabolism.

Promotes heart health and regulates cholesterol levels.

Refreshing and hydrating, especially in hot climates.



# Hibiscus

Egyptian hibiscus is a vibrant red flower cultivated in Egypt, famous for its tart flavor and deep color.

It is widely used in teas, beverages, and traditional remedies.

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Excellent source of plant-based protein.

Rich in fiber, supporting digestion and gut health.

Provide essential minerals like iron, magnesium, and potassium.

Help regulate blood sugar and promote heart health.

Low in fat and calories, making them ideal for a healthy diet.



# yellow lentils

**Egyptian yellow lentils are a nutritious legume widely cultivated in Egypt.**

**known for their quick cooking time, mild flavor, and rich protein content.**

**They are a key ingredient in traditional soups and stews.**

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**Supports digestion and relieves bloating.**

**Helps reduce cough and soothe sore throats.**

**Promotes relaxation and better sleep.**

**Rich in antioxidants that boost overall health.**

**May help regulate blood sugar levels.**



# Anise

**Egyptian anise (*Pimpinella anisum*) is a fragrant herb cultivated in Egypt, known for its sweet, licorice-like flavor and numerous health benefits. It is widely used in teas, cooking, and traditional remedies.**

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# Rice

Egyptian rice is a short-grain variety cultivated in the fertile Nile Delta

known for its soft texture and rich taste.

Provides a major source of energy from carbohydrates.

Easily digestible and suitable for all ages.

Contains essential vitamins and minerals like B vitamins and magnesium.

Naturally gluten-free, making it safe for people with gluten intolerance.

Supports a balanced diet as a versatile, filling food.

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**Rich in healthy fats that support heart health.**

**Contains calcium and minerals that strengthen bones.**

**Provides antioxidants that boost immunity.**

**Supports healthy skin and hair.**

**Helps regulate blood pressure and cholesterol.**



# Sesame

**Egyptian sesame is a nutrient-rich seed cultivated in Egypt, known for its nutty flavor and high oil content. It is widely used in food, sweets, and traditional remedies.**

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# Black seed

Egyptian black seed (*Nigella sativa*) is a traditional herb cultivated in Egypt, valued for its strong flavor and powerful medicinal properties. It is widely used in food, oils, and natural remedies.



Strengthens the immune system and fights infections.

Supports respiratory health and eases asthma and allergies.

Helps regulate blood sugar and cholesterol levels.

Rich in antioxidants that protect the body from diseases.

Promotes healthy skin, hair, and overall wellness.

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# Fennel

Egyptian fennel is an aromatic herb cultivated in Egypt, known for its sweet, licorice-like flavor and medicinal properties. It is widely used in teas, cooking, and natural remedies.



Improves digestion and relieves bloating and gas.

Supports respiratory health and eases cough.

Rich in vitamins and antioxidants that boost immunity.

May help regulate hormones and support women's health.

Promotes relaxation and better sleep.

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**Provide concentrated energy and natural sweetness.**

**Rich in fiber, aiding digestion and gut health.**

**Packed with vitamins and minerals like iron, potassium, and magnesium.**

**Contain antioxidants that support immunity and overall health.**

**A convenient, healthy snack alternative to processed sweets.**



# Dried Fruits

**Dried fruits are fresh fruits that have been dehydrated to remove most of their water content, making them sweeter, longer-lasting, and nutrient-dense. They are widely used as snacks and in cooking.**

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**Aids digestion and helps relieve bloating and gas.**

**Soothes colic and stomach discomfort in infants and adults.**

**Rich in antioxidants that support overall health.**

**May boost immunity and improve metabolism.**



# Caraway

**Egyptian caraway is an aromatic spice cultivated in Egypt, prized for its warm, slightly peppery flavor and medicinal properties. It is commonly used in teas, baking, and traditional remedies.**

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Excellent source of plant-based protein and iron.

High in fiber, supporting digestion and gut health.

Help regulate blood sugar and provide lasting energy.

Rich in folate and minerals, boosting overall wellness.

Low in fat, making them ideal for a balanced diet.



# Brown lentils

Egyptian brown lentils, locally known as Adas Begibba.

Traditional legume with a nutty flavor and high nutritional value. T

hey are commonly used in stews, rice dishes, and hearty meals.

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