



***The Ekonet company
offers a variety of nuts***



ROASTED ALMOND

Roasted almond has multiple benefits: rich in nutrients, high in antioxidants and low in calories yet high in protein. It can facilitate weight loss and healthy gut bacteria and reduce cholesterol, blood pressure and help reduce blood sugar.



PISTACHIO

Pistachios have many health benefits, including reducing the likelihood of cardiovascular disease and are also very rich in fiber, minerals and unsaturated fats; indeed, they can help control blood pressure and cholesterol.



ROASTED HAZELNUTS

The benefits of roasted hazelnuts are lowering cholesterol, protection against cellular damage, reducing inflammation, supporting heart health.



CASHEW

Cashews are rich in fiber, protein and healthy fats. They also contain a number of vitamins, minerals and plant compounds that are beneficial to health. Cashews can promote weight loss, blood sugar control and heart health.



JUMBO CASHEW

Cashews are rich in fiber, protein and healthy fats. They also contain a number of vitamins, minerals and plant compounds that are beneficial to health. Cashews can promote weight loss, blood sugar control and heart health.



RAW CASHEW

Raw Cashews are rich in nutrients and assist with weight loss and improve heart health, help to manage type 2 diabetes and promote a healthy metabolism and can help treat depression and can be enjoyed in a variety of ways.



PEANUTS WITHOUT SALT

Saltless roasted peanuts contribute to a healthy diet and provide you with essential nutrients, without the abundant sodium in salted peanuts.



ROASTED PEANUTS

They are rich in healthy fats that help lower "bad" cholesterol.



SOYA PEANUTS

Soya peanuts promotes weight loss and also improves bone mineral density.



PAPRIKA NUTS

Paprika has antioxidant properties that can help reduce the risk of cancer and heart disease and improve immunity.



ROASTED CORN

Roasted corn lowers cholesterol levels, controlling blood flow, pressure and keeping your heart healthy.



RAW HAZELNUTS

Raw hazelnut has health benefits, including helping to reduce blood fat levels, regulate blood pressure, reduce inflammation and improve blood sugar levels.



APRICOT SEEDS

They are rich in healthy fats that help reduce 'bad' cholesterol. They help prevent heart disease, improve mental health.



CORN WITH SAUCE

Corn improves gut health, prevents skin damage, keeps energy levels high, reduces the risk of developing anaemia.

