BULGARIAN
NUTS CO.

www.bulgarian-nuts.com

# About Us

**Bulgarian Nuts Ltd. is a food manufacturer, importer, exporter and distributor of bulk and packaged snacks & specialty foods.**

We are supplying the highest quality Nuts, Seeds, Kernels, Dried Fruit, Cereals, Health Foods, Confectionery, Snack Foods, Nut Butters & Bee Honey from Bulgaria to our international clients all over the world.

The products are based on two production lines – Natural and Organic products. We have integrated quality control systems and management which guarantee the highest quality in our products at any stage of processing.

Our fascination for delicious flavours, distinctive aromas, exotic tastes and unique textures is what drives us along with our commitment to outstanding quality and innovative culinary ideas.

Our team has been bringing you our extensive array of products since 2000. With long years experience in the industry, we are ready and willing to share our knowledge and passion for food with you!

Our company is involved in every aspect of our daily operations from ordering to delivery, ensuring a hands-on and personalized touch for an exemplary level of service to you, our valued customer.

Our vision is to be Bulgaria's most unique manufacturer, processor and exporter of the finest quality products, bringing health and happiness to Your life!

We pride ourselves on prioritising Bulgarian made products and supporting local Bulgarian farmers. We also carefully select the finest ingredients from all over the world, supplying more than 80 product lines to the domestic market.

Our products are available in packages of all sizes, weight and with custom labels. We hope to satisfy you with fresh, delicious and healthy organic ingredients. You will find our product gamma in the markets with the brands:

**Bulgarian Nuts®, Bulgarian Fruits®, Bulgarian Green®, Bulgarian Bee®**

Nuts & Seeds

# Walnut Kernels and Walnuts in Shell

We are producing, packing and exporting Bulgarian origin walnut kernels and walnuts in shell. The product is 100% natural, and it ranks as one of the top nuts, providing the highest level of quality antioxidants. For maximum shelf life, store at refrigerated temperatures below 2°C and maximum relative humidity of 5,5%.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Almond Kernels and Almonds in Shell

We are producing, packing and exporting Bulgarian origin almond kernels and almonds in shell. The almonds are 100% natural and of the highest quality. They are best known for their antioxidant properties as they are extremely rich in Vitamin E.

Store them in a cool and dry place as when exposed to light and heat, the health benefits of the almonds can turn into toxins.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Hazelnut Kernels and Hazelnuts in Shell

We are producing, packing and exporting Bulgarian origin hazelnut kernels and hazelnut in shell. The product is 100% natural and is available as hazelnut kernels and hazelnuts in shell. Hazelnuts are one of the healthiest nuts out there as they are rich in protein, Vitamin B6, E, unsaturated fat, and at the same time are low in carbohydrates.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Almond Flour

Almond flour is commonly created with blanched sweet almonds with the skin removed. It's then ground to a fine powder that can be used more seamlessly in baking. It's best used for more rustic baked goods like quick bread, cookies, tarts, pancakes, crumb toppings, and crusts for fish or chicken. Almond flour is a good bang for your buck and the ideal alternative for a gluten-free diet. This flour is high in protein (21% by weight), manganese, vitamin E and monounsaturated fats, low in carbohydrates, and contains fiber.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Sunflower Seeds/ Kernels/ for birds

Striped Sunflower seeds 20/64
Striped Sunflower seeds 22/64
Striped Sunflower seeds 24/64
Striped Sunflower Jaguar XL
Sunflower Bakery Kernels
Sunflower Confectionery Kernels

Striped Oil Sunflower Seeds
Black Oil Sunflower Seeds
Bird feeding Sunflower Seeds

**Packing:** Bulk in 20, 25 kg PP/Paper bags, Customer choice packing.

# Pumpkin Seeds in shell and Pumpkin GWS

We are producing, packing and exporting Bulgarian origin pumpkin seeds of the type Lady Nails and pumpkin kernels (GWS). Pumpkin kernels are extremely healthy as they are rich in zinc, Vitamin C, B, calcium, magnesium, potassium and other. You can order pumpkin kernels and/or pumpkin seeds in bulk in any package size and private label.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Raw Omega 4 & 6 Seeds

Raw Super Seeds Blend - Pumpkin Kernels, Sunflower Kernels, Flax Seeds, (Linseed) Pine nuts, Hemp seeds, Salad or Bread Mix. Vegan, Gluten free, Rich on vitamins and minerals such as Zinc, Magnesium, Selenium. Perfect source of Omega-3, Omega-4 and Omega-6 Fatty Acids.

Dry Fruits

# Dried Pitted Prunes

We offer premium quality dried pitted Prunes selected from the best orchards in Bulgaria, carefully grown under the sun which keeps their juicy and irresistible taste. Prunes are the best sources of antioxidants, and contain large quantities of Vitamins A and K and also contain sorbitol and fiber. Sorbitol speeds up digestion and is then recommended for constipation. Dried prunes are available in packages of all sizes.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Dried Pitted Cherries

We offer premium quality dried pitted Cherries selected from the best orchards in Bulgaria, carefully grown under the sun which keeps their juicy and irresistible taste. Big, ripe and very sweet cherries are dried in a way that preserves the natural qualities and sweet taste of cherries. Dried cherries contain fibers, calcium, iron, potassium, copper and are powerful antioxidants. They stimulate the secretion of gastric juices, and assist purification of the kidneys and liver.

**Packing:** Bulk in 10 kg carton boxes, Customer choice packing.

# Medjool Dates

Medjool dates are a variety of dates enjoyed for their natural sweetness. They're larger, darker, and more caramel-like in taste than other common types.
Medjool dates are rich in natural sugars, fiber, and several vitamins and minerals. Like other dried fruits, they pack a lot of calories in a small serving.
Medjool dates contain antioxidants and nutrients that may lower your risk of heart disease, promote digestion, and support heart health, among other benefits.

**Packing:** Bulk in 1, 5 kg carton boxes, Customer choice packing.

Cereals

# Bulgarian Chickpeas

Chickpeas is an annual plant of the legume family. Chickpeas (Cicer arietinu) is considered to be one of the previously cultivated human cultures. Chickpeas contains lecithin, vitamins B1, B2, B6, B9, C, PP, A, more fat and protein, less amino acids, as well as the following minerals: iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese and selenium.

# Oat Flakes

Oats are a whole grain food scientifically known as Avena sativa. Oatmeal, the most intact and complete form of oats, takes a long time to cook. For this reason, most people prefer oatmeal. Oats are commonly eaten for breakfast as porridge made by boiling oats in water or milk. Oatmeal is often referred to as porridge. They›re also often found in muffins, granola bars, cookies, and other baked goods. They are a good source of carbohydrates and fiber. They also contain more protein and fat than most grains. Oats are packed with essential vitamins, minerals and antioxidant botanicals.

# Muesli

Crunchy muesli with fruit. Whole grain, soy free, dairy free. Rich in minerals and fiber.

# Corn Flakes

Corn flakes are actually the most popular breakfast cereal, which are made up of toasting flakes of corn. Cornflakes maintain the health of the digestive system due to their high fibre content. Eating cornflakes helps prevent constipation and other common digestive problems. Rich in proteins Including milk with cornflakes increases the amount of protein. Together they keep your body active throughout the day.

Tahini (Nut Butters)

# Organic Almond Tahini

Our Almond Tahini is organic certified, produced by 100% Bulgarian bio almond kernels. One tablespoon of almond tahini contains 7 grams of protein, 18 grams of fat, and according to dietary experts, almond butter is a dieter's best friend due to its lack of carbs and its abundance of protein and healthy fat.
We are producing, packing and exporting organic almond tahini in bulk and with private labels.

# Organic Hazelnut Butter

Our Hazelnut Tahini is organic, produced by 100% bio hazelnut kernels. Hazelnuts are loaded with health-benefiting nutrients essential for our health. They are rich in dietary fiber, vitamins such as riboflavin, niacin, thiamin, vitamin B6, minerals such as manganese, potassium, calcium, copper, iron, magnesium, zinc.
We are producing, packing and exporting organic coconut oil in bulk and with private labels.

# Organic Peanut Butter

Our Peanut Butter is organic, produced by 100% bio peeled peanuts. Peanut butter is good for weight loss. It's rich in fiber, vitamin E, magnesium, potassium, sodium, vitamin B6. Peanut butter also helps against heart disease, diabetes, and other chronic health conditions.
We are producing, packing and exporting organic peanut butter in bulk and with private labels.

# Organic Sesame Tahini

Our Sesame Tahini is organic and produced from 100% bio whole sesame seeds. They are rich in dietary fiber, vitamins such as riboflavin, niacin, thiamin, vitamin B6, minerals such as manganese, potassium, calcium, copper, iron, magnesium, zinc.
We are producing, packing and exporting organic coconut oil in bulk and with private labels.

# Organic Sunflower Seed Butter

Our Sunflower Seed Butter is organic and produced from 100% bio whole sunflower seeds. Sunflower Seeds are loaded with health-benefiting nutrients essential for our health. Sunflower Seed Butter is rich in minerals such as phosphorus, lecithin, magnesium, potassium and iron, and in vitamins such as E, B1, B2, B3, B5 and B15. It's also a good source of calcium and methionine, which helps in liver detoxification.

# Organic Coconut Oil

Our Coconut Oil is organic certified, produced by 100% bio virgin coconut oil. It's extremely healthy for the skin, and it helps regulate the weight, treat yeast infections, improve digestion, and the immune system, support dental care and more.
We are producing, packing and exporting organic coconut oil in bulk and with private labels.

Bulgarian Bee
بولغاريان بي
Lavender Honey
عسل الخزامى
Made in Bulgaria
انتاج بلغاريا
منتجات عضويّة

# Honey

# Acacia Honey

Our bees collect Acacia honey from hundreds of hectares of Acacia forests located in a protected for its biodiversity area. This premium quality product tastes like White ball acacia. It does not affect allergies and hay fever due to its low pollen content.

Recommended for:
- Hemoglobin increase
- Stress relief
- Brain activity boost

# Lavender Honey

Lavender Honey is extracted from 200 hectares of bio-certified lavender fields located near Zagoriche, Northeastern Bulgaria. This gold-coloured honey is characterized by slow crystallization, rich taste and sensational aroma.

Recommended for:
- Gastrointestinal tract problems
- Migraine relief
- Neurological conditions

# Wildflower Honey

Our wildflower honey is one of a kind as the bees are provided with over 3600 plant species to collect nectar from. One third of these species is used as herbs in the medicine (Thistle, Thyme, Oregano, Camomile, Hawthorn, Melissa, etc). It has a distinctive dark amber or red colour.
Recommended for:

- Respiratory tract problems
- Gastrointestinal tract problems
- Immune system boost

# Black Forest Honey

Black Forest is honeydew honey, which the bees collect from a liquid secreted by specific insects while absorbing sap from the plant. It has less aroma compared to blossom honey, and it's far richer in water (about 60%), minerals, amino acids, sucrose and fructose.
It is a nutritious elixir with limitless health benefits: it serves as prebiotic, has antibacterial properties, helps eliminate free radicals, nourishes the nerve system, and much more.
Used for:

- Conditions lacking prebiotics
- Conditions requiring antibacterial treatment
- Free radicals elimination
- Nervous system nourishment
- Overall immune system boost

For specification & bulk purchases, contact us at **sales@bulgarian-nuts.com**

# Linden Honey

Lime honey (or Linden honey in the US) is collected from Linden trees in the largest Linden forest in Bulgaria. This type of honey has a very distinctive lime (linden) flavor and a light amber colour - with a tint of green sometimes.

Recommended for:
- Eyesight problems
- Respiratory tract problems
- Immune system boost

# Chestnut Honey

Lime honey (or Linden honey in the US) is collected from Linden trees in the largest Linden forest in Bulgaria. This type of honey has a very distinctive lime (linden) flavor and a light amber colour - with a tint of green sometimes.

Recommended for:
- Eyesight problems
- Respiratory tract problems
- Immune system boost

ulgarian
ee
®

# Acacia Honeycomb

Our bees collect Acacia honey from hundreds of hectares of Acacia forests located in a protected for its biodiversity area. This premium quality product tastes like White ball acacia. It does not affect allergies and hay fever due to its low pollen content.

Recommended for:
- Hemoglobin increase
- Stress relief
- Brain activity boost

# Lavender Honeycomb

Lavender Honey is extracted from 200 hectares of bio-certified lavender fields located near Zagoriche, Northeastern Bulgaria. This gold-coloured honey is characterized by slow crystallization, rich taste and sensational aroma.

Recommended for:
- Gastrointestinal tract problems
- Migraine relief
- Neurological conditions

# Wildflower Honeycomb

Our wildflower honey is one of a kind as the bees are provided with over 3600 plant species to collect nectar from. One third of these species is used as herbs in the medicine (Thistle, Thyme, Oregano, Camomile, Hawthorn, Melissa, etc). It has a distinctive dark amber or red colour.

Recommended for:
- Respiratory tract problems
- Gastrointestinal tract problems
- Immune system boost

# Linden Honeycomb

Lime honey (or Linden honey in the US) is collected from Linden trees in the largest Linden forest in Bulgaria. This type of honey has a very distinctive lime (linden) flavor and a light amber colour - with a tint of green sometimes.

Recommended for:
- Eyesight problems
- Respiratory tract problems
- Immune system boost

ulgarian
ee
®

# Super Bee Mix Immune Booster

Super Bee Mix of royal jelly, propolis, pollen & honey. It is a pale yellowish product made by the worker bees by mixing honey, propolis, pollen, royal jelly and enzymes they secret from their throats. The final product is extremely nutritious as it contains loads of vitamins, minerals, enzymes, proteins, antioxidants and many other which improve the overall health.
CONTAINS: Natural enzymes, pollens, amino acids, propolis, vitamins, minerals, proteins, antioxidants, that protect your body from cell damage
Ingredients: 91 % Forest Honey 2 % Royal Jelly, 5% Pollen, 2% Propolis
Packing: 250 g Glass Jar

# Bee Immune Booster

Bee Immune Booster – mixture of raw honey, ginger root, turmeric and black pepper. The product contains loads of vitamins, minerals, enzymes, proteins, antioxidants and many other which improve the overall health and boosting the immune system of the human organism.
Immune system boost effect. The mix of honey, ginger and turmeric provides an effective natural treatment for cough and cold symptoms.
The combination of Ginger and honey is known to be a natural pain killer . Even though Ginger has an intense flavour, very few know that it is an expectorant and this helps get rid of pain.
The consumption of one teaspoon of Honey, Ginger and Turmeric is very useful for people who have a weak digestive system.

# Royal Jelly in Forest Honey

Royal Jelly, or bee's milk, is a creamy product secreted by the hypo pharyngeal glands in the head of the young nurse worker bees primarily for developing and maintaining the queen bee. RJ is a nutritive secretion produced by the worker bees, rich in proteins, carbohydrates, vitamins. It is also rich in minerals, especially in potassium, magnesium, calcium, iron, phosphorus, sulfur, manganese, silicon, lead and others.
Benefits of the Royal Jelly: Antioxidant Power, Immune Modulator, Liver Protection, Inflammation, Skin Healing, Diabets, Osteroporosis, Breast Cancer, Cholesterol Control.
Ingredients: 98% Pure Forest Honey & 2% Pure Royal Jelly
Packing: 250 g Glass Jar

# Bee Polen

Bee Pollen is an amazing, naturally occurring supplement and is among the most nutritious foods on the Planet as it contains every essential nutrient needed for perfect health. Bulgarian Bee Pollen is collected from the richest wild flora in the world and contains no pesticides or chemicals. Bee pollen is rich in Vitamin B Complex (which gives energy) and carotenes, including vitamins C and E (potent antioxidants).

Recommended for:
• Immune system boost • Allergies • Acne
• Digestion • Depression • High blood pressure
• Diabetes • Skin problems

Roasted Nuts

# Roasted Black Sunflower Seeds

Roasted and salted fresh Black sunflower seeds produced in Bulgaria under HACCP control. Purity - 99,9% by laser sorter machines. Aroma - fresh, natural, typical, healthy, without outside aromas. Consistence - solid, crisp, non-cracked. Taste - natural, typical, fresh, non-bitter and non-rancid, without outside aromas. Moisture - 7%. Free of dirt and foreign material, especially free of stones, glass and metal. Without any infestation, especially free of living infestation, regardless of stage of development. Product does not contain allergens. No GMO, No pesticides, Totally pure, raw and clean product.

# Roasted Stripped Sunflower Seeds

Roasted and salted fresh striped sunflower seeds produced in Bulgaria under HACCP control. Purity - 99,9% by laser sorter machines. Aroma - fresh, natural, typical, healthy, without outside aromas. Consistence - solid, crisp, non-cracked. Taste - natural, typical, fresh, non-bitter and non-rancid, without outside aromas. Moisture - 7%. Free of dirt and foreign material, especially free of stones, glass and metal. Without any infestation, especially free of living infestation, regardless of stage of development. Product does not contain allergens. No GMO, No pesticides, Totally pure, raw and clean product.

# Roasted Peanuts

Roasted and salted fresh Peanuts produced in Bulgaria under HACCP control. Peanuts are rich on  protein, vitamins, minerals, and more! They have more protein than any nut (7g per serving), containing more than 30 essential vitamins and minerals, and are a good source of fiber and good fats.

# Roasted Pumpkin Seeds

Roasted and salted fresh pumpkin seeds produced in Bulgaria under HACCP control. Pumpkin seeds like pumpkin are extremely useful. The tasty seeds have a high protein content, B vitamins, and vitamins A, C, D, E, K. Pumpkin seed is an excellent source of omega-3 fatty acids and minerals such as magnesium, potassium, zinc, phosphorus, manganese and calcium.

Hemp Oil

# Organic Hemp Oil

Hemp oil is a great source of high-quality nutrients and has a long history of use in Eastern culture as a multi-purpose natural remedy. Hemp seed oil is often used as a moisturizer for the skin. The antioxidant and anti-inflammatory properties may protect against the aging process while soothing the skin. Hemp seed oil contains essential fatty acids Omega-9, Omega-6, Omega-3 fatty acids, a balance that has been shown to support heart health and promote proper cardiovascular function.

Organic, Raw, Cold pressed extra virgin hemp seeds oil, dark green color, Cannabis Sativa

Extremely rich in essential fatty acids Omega-9, Omega-6, Omega-3

Suitable for diet, health care, nutrition, immune system, catering, cooking, etc.

BULGARIAN NUTS CO.

Bulgarian Fruits®

BULGARIAN GREEN®

BULGARIAN BIO

Bulgarian Bee®

www.bulgarian-nuts.com
sales@bulgarian-nuts.com