



Healthy Non-GMO Food and Snacks

September 2024 Price List

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
Baking Supplies		
Bake - ALMOND FLAKES	250g	R 70.00
Bake - BAKING POWDER DOUBLE ACTION	1kg	R 52.00
Bake - BAKING POWDER DOUBLE ACTION	500g	R 28.00
Bake - BICARBONATE OF SODA	1kg	R 35.00
Bake - BICARBONATE OF SODA	500g	R 20.00
Bake - CASTOR SUGAR	1 kg	R 38.00
Bake - CASTOR SUGAR	500g	R 20.00
Bake - COCOA POWDER DARK	1kg	R 365.00
Bake - COCONUT FLAKES	500g	R 65.00
Bake - COCONUT FLAKES	250g	R 35.00
Bake - ICING SUGAR	1 kg	R 50.00
Bake - ICING SUGAR	500g	R 26.00
Bake - PSYLLIUM HUSK	500g	R 175.00
Bake - PSYLLIUM HUSK	200g	R 70.00
FLOUR - ALMOND GROUND	1kg	R 285.00
FLOUR - ALMOND GROUND	500g	R 145.00
FLOUR - ALMOND	1kg	R 240.00
FLOUR - ALMOND	500g	R 126.00
FLOUR - BUCK WHEAT WHOLE	1kg	R 130.00
FLOUR - BUCK WHEAT WHOLE	500g	R 68.00
FLOUR - CHICKPEA	1kg	R 75.00
FLOUR - CHICKPEA	500g	R 38.00
FLOUR - COCONUT - BAKING FLOUR	1 kg	R 78.00
FLOUR - COCONUT - BAKING FLOUR	500g	R 41.00
FLOUR - COCONUT - DESICCATED (Fine)	500g	R 60.00
FLOUR - CORNFLOUR - Cornstarch (Maizena)	1kg	R 28.00
FLOUR - CORNFLOUR - Cornstarch (Maizena)	500g	R 15.00
FLOUR - LINSEED	1kg	R 95.00
FLOUR - LINSEED	500g	R 50.00
FLOUR - OATS	1kg	R 58.00
FLOUR - OATS	500g	R 32.00
FLOUR - OATS GLUTIN FREE	1kg	R 88.00
FLOUR - OATS GLUTIN FREE	500g	R 47.00
FLOUR - RYE WHOLE	1kg	R 45.00
FLOUR - RYE WHOLE	55g	R 25.00
FLOUR - SORGHUM RED	1kg	R 45.00
FLOUR - SORGHUM RED	500g	R 25.00
FLOUR - SPELT WHOLE	1kg	R 77.00
FLOUR - SPELT WHOLE	500g	R 40.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>	
FLOUR - BROWN TEFF	1kg	R	70.00
FLOUR - BROWN TEFF	500g	R	38.00
FLOUR - BROWN RICE	1kg	R	60.00
FLOUR - BROWN RICE	500g	R	32.00
FLOUR - WHITE RICE	1kg	R	52.00
FLOUR - WHITE RICE	500g	R	28.00
FLOUR - WHOLE WHEAT	1kg	R	45.00
FLOUR - WHOLE WHEAT	500g	R	24.00
TAPIOCA STARCH	1kg	R	85.00
TAPIOCA STARCH	500g	R	45.00
RAW CACAO POWDER	1kg	R	215.00
RAW CACAO POWDER	500g	R	110.00
RAW CACAO POWDER	250g	R	60.00
RAW MACA POWDER	500g	R	215.00
RAW MACA POWDER	250g	R	115.00
RAW MACA POWDER	100g	R	50.00
Herbs & Spices			
H&S - ANISEED WHOLE	100g	R	20.00
H&S - BASIL WHOLE/RUBBED	80g	R	20.00
H&S - BASIL WHOLE/RUBBED	40g	R	10.00
H&S - BASIL GROUND	100g	R	15.00
H&S - BAY LEAVES	20g	R	15.00
H&S - BLEND-ROSEMARY & OLIVE	500g	R	60.00
H&S - BLEND-ROSEMARY & OLIVE	250g	R	32.00
H&S - BLEND-ROSEMARY & OLIVE	100g	R	15.00
H&S - CARAWAY SEED	250g	R	65.00
H&S - CELERY SEED	100g	R	22.00
H&S - CINNAMON - CASSIA GROUND	250g	R	55.00
H&S - CINNAMON - CASSIA GROUND	100g	R	25.00
H&S - CINNAMON - CASSIA WHOLE	250g	R	50.00
H&S - CINNAMON - CASSIA WHOLE	100g	R	22.00
H&S - CINNAMON - CASSIA VERA AA CUT	100g	R	35.00
H&S - CINNAMON - CASSIA VERA AA CUT	50g	R	20.00
H&S - CAYENNE PEPPER	250g	R	40.00
H&S - CAYENNE PEPPER	100g	R	17.00
H&S - CARDAMOM GROUND	100g	R	100.00
H&S - CHILLI - CHOPPED COURSE	100g	R	18.00
H&S - CLOVES GROUND	500g	R	195.00
H&S - CLOVES GROUND	250g	R	98.00
H&S - CLOVES GROUND	100g	R	40.00
H&S - CORIANDER GROUND	100g	R	15.00
H&S - CORIANDER COARSE	100g	R	15.00
H&S - CUMIN GROUND	500g	R	130.00
H&S - CUMIN GROUND	250g	R	70.00
H&S - CUMIN GROUND	100g	R	30.00
H&S - CUMIN BLACK	100g	R	25.00
H&S - CURRY POWDER PREMUIM	500g	R	77.00
H&S - CURRY POWDER PREMUIM	250g	R	42.00
H&S - CURRY POWDER PREMUIM	100g	R	20.00
H&S - FENUGREEK SEEDS	1kg	R	108.00
H&S - FENUGREEK SEEDS	500g	R	56.00
H&S - FENUGREEK SEEDS	200g	R	25.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>	
H&S - GARLIC GROUND	200g	R	30.00
H&S - GARLIC GROUND	100g	R	16.00
H&S - GINGER GROUND	250g	R	40.00
H&S - GINGER GROUND	100g	R	18.00
H&S - HIMALAYAN ROCKSALT -SUP FINE	1 kg	R	76.00
H&S - HIMALAYAN ROCKSALT -SUP FINE	500g	R	40.00
H&S - HIMALAYAN ROCKSALT -SUP FINE	250g	R	22.00
H&S - HIMALAYAN ROCKSALT -COARSE	1 kg	R	58.00
H&S - HIMALAYAN ROCKSALT -COARSE	500g	R	32.00
H&S - HIMALAYAN ROCKSALT -COARSE	250g	R	22.00
H&S - MINT	80g	R	12.00
H&S - MIXED HERBS	100g	R	17.00
H&S - MUSTARD POWDER YELLOW	100g	R	22.00
H&S - NUTMEG GROUND	500g	R	200.00
H&S - NUTMEG GROUND	250g	R	100.00
H&S - NUTMEG GROUND	100g	R	45.00
H&S - NUTRITIONAL YEAST	200g	R	130.00
H&S - ONION POWDER	200g	R	35.00
H&S - ONION POWDER	100g	R	18.00
H&S - OREGANO	100g	R	20.00
H&S - OREGANO	50g	R	10.00
H&S - OREGANO GROUND	100g	R	17.00
H&S - PAPRIKA GROUND	500g	R	90.00
H&S - PAPRIKA GROUND	250g	R	48.00
H&S - PAPRIKA GROUND	100g	R	22.00
H&S - PAPRIKA GROUND - SMOKED	250g	R	40.00
H&S - PAPRIKA GROUND - SMOKED	100g	R	18.00
H&S - PEPPER BLACK COARSE	500g	R	120.00
H&S - PEPPER BLACK COARSE	80g	R	22.00
H&S - PEPPER BLACK FINE COARSE	250g	R	72.00
H&S - PEPPER BLACK FINE COARSE	100g	R	30.00
H&S - PEPPER BLACK WHOLE	250g	R	65.00
H&S - PEPPER BLACK WHOLE	100g	R	26.00
H&S - PEPPER BLACK GROUND PURE	100g	R	30.00
H&S - PEPPER WHITE GROUND PURE	500g	R	168.00
H&S - PEPPER WHITE GROUND PURE	250g	R	85.00
H&S - PEPPER WHITE GROUND PURE	100g	R	37.00
H&S - PIMENTO GROUND	500g	R	220.00
H&S - PIMENTO GROUND	250g	R	115.00
H&S - PIMENTO GROUND	100g	R	50.00
H&S - RED BELL PEPPER 3m x 3m	200g	R	65.00
H&S - ROSEMARY	80g	R	24.00
H&S - ROSEMARY	40g	R	13.00
H&S - PARSLEY	80g	R	20.00
H&S - PARSLEY	40g	R	11.00
H&S - STOCK BEEF- MSG FREE	500g	R	72.00
H&S - STOCK BEEF- MSG FREE	200g	R	30.00
H&S - STOCK CHICKEN - MSG FREE	500g	R	72.00
H&S - STOCK CHICKEN - MSG FREE	200g	R	30.00
H&S - SUMAC	250g	R	40.00
H&S - SUMAC	100g	R	20.00
H&S - Turmaric Dark Yellow	250g	R	45.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
H&S - Turmaric Dark Yellow	100g	R 20.00
H&S - THYME RUBBED	100g	R 22.00
H&S - THYME RUBBED	50g	R 12.00
Grains, Seeds & Beans		
BEANS - ADZUKI BEANS	1kg	R 75.00
BEANS - ADZUKI BEANS	500g	R 40.00
BEANS - BLACK BEANS	1kg	R 75.00
BEANS - BLACK BEANS	500g	R 40.00
BEANS - BLACK EYE BEANS	1kg	R 62.00
BEANS - BLACK EYE BEANS	450g	R 33.00
BEANS - CRANBERRY BEANS	1kg	R 60.00
BEANS - CRANBERRY BEANS	500g	R 33.00
BEANS - HARICOT (SMALL WHITE) BEANS	1kg	R 62.00
BEANS - HARICOT (SMALL WHITE) BEANS	500g	R 32.00
BEANS - KIDNEY BEANS RED	1kg	R 70.00
BEANS - KIDNEY BEANS RED	500g	R 35.00
BEANS - SUGAR	1kg	R 82.00
BEANS - SUGAR	500g	R 44.00
BEANS - MUNG BEANS	1kg	R 45.00
BEANS - MUNG BEANS	500g	R 25.00
AMARANTH	1kg	R 100.00
AMARANTH	500g	R 53.00
BUCK WHEAT DEHULLED	1kg	R 108.00
BUCK WHEAT DEHULLED	500g	R 56.00
BULGAR WHEAT	1kg	R 55.00
BULGAR WHEAT	500g	R 29.00
CHIA SEED	1kg	R 190.00
CHIA SEED	500g	R 100.00
CHIA SEED	150g	R 30.00
CHICK PEAS - Medium	1kg	R 76.00
CHICK PEAS - Medium	500g	R 40.00
COUSCOUS - WHOLE WHEAT	1kg	R 92.00
COUSCOUS - WHOLE WHEAT	500g	R 48.00
GREEN PEAS - SPLIT	1kg	R 48.00
GREEN PEAS - SPLIT	500g	R 25.00
HEMP HEARTS	1kg	R 365.00
HEMP HEARTS	500g	R 195.00
HEMP HEARTS	250g	R 102.00
LENTILS RED SPLIT	1kg	R 60.00
LENTILS RED SPLIT	500g	R 32.00
LENTILS BROWN WHOLE	1kg	R 60.00
LENTILS BROWN WHOLE	500g	R 32.00
LINSEED (FLAXSEED)	1kg	R 76.00
LINSEED (FLAXSEED)	500g	R 40.00
LINSEED GOLDEN	1kg	R 82.00
LINSEED GOLDEN	500g	R 44.00
MILLET - DEHULLED	1kg	R 58.00
MILLET - DEHULLED	500g	R 30.00
GRANOLA WITH SEEDS	1kg	R 60.00
MUESLI - MIXED FRUIT & SEEDS	1kg	R 68.00
MUESLI - NUTS, SEEDS & RAISINS (Original)	1kg	R 65.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
OAT BRAN	1 kg	R 45.00
OAT BRAN	500g	R 24.00
OATS - DEHULLED (GROATS)	1kg	R 48.00
OATS - DEHULLED (GROATS)	500g	R 26.00
OATS - ROLLED	1kg	R 48.00
OATS - ROLLED	500g	R 25.00
OATS QUICK - SMALL FLAKES	1kg	R 50.00
OATS QUICK - SMALL FLAKES	500g	R 26.00
OATS (GLUTEN FREE) - ROLLED FLAKES	1kg	R 82.00
OATS (GLUTEN FREE) - ROLLED FLAKES	500g	R 44.00
OATS QUICK (GLUTEN FREE) - SMALL FLAKES	1kg	R 70.00
OATS QUICK (GLUTEN FREE) - SMALL FLAKES	500g	R 38.00
PEARL BARLEY	1kg	R 38.00
PEARL BARLEY	500g	R 20.00
POLENTA	1kg	R 30.00
POLENTA	500g	R 16.00
POPCORN - BUTTERFLY	1kg	R 40.00
POPCORN - BUTTERFLY	500g	R 22.00
POPCORN - MUSHROOM	1kg	R 42.00
POPCORN - MUSHROOM	500g	R 24.00
POPPY SEED	1kg	R 215.00
POPPY SEED	500g	R 115.00
POPPY SEED	200g	R 50.00
PUMPKIN SEED	1kg	R 244.00
PUMPKIN SEED	500g	R 128.00
PUMPKIN SEED	200g	R 54.00
QUINOA - BLACK	1kg	R 165.00
QUINOA - BLACK	500g	R 86.00
QUINOA - RED	1kg	R 140.00
QUINOA - RED	500g	R 74.00
QUINOA - WHITE	1kg	R 140.00
QUINOA - WHITE	500g	R 74.00
QUINOA - WHITE, BALACK & RED MIX	1 kg	R 145.00
QUINOA - WHITE, BALACK & RED MIX	500g	R 75.00
RAW CACAO NIBS	1kg	R 320.00
RAW CACAO NIBS	500g	R 175.00
RAW CACAO NIBS	150g	R 53.00
SAGO	1kg	R 75.00
SAGO	500g	R 39.00
SESAME SEED - BLACK	500g	R 75.00
SESAME SEED - BLACK	200g	R 38.00
SESAME SEED - DEHULLED	1 kg	R 153.00
SESAME SEED - DEHULLED	500g	R 80.00
SESAME SEED - DEHULLED	200g	R 34.00
SORGHUM - RED	1kg	R 30.00
SORGHUM - RED	500g	R 16.00
SOUP MIX	1kg	R 38.00
SOUP MIX	500g	R 20.00
SPELT GRAIN	1kg	R 62.00
SUNFLOWER SEED DEHULLED	1kg	R 75.00
SUNFLOWER SEED DEHULLED	500g	R 40.00
SUNFLOWER SEED DEHULLED	200g	R 18.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
TEFF BROWN	1kg	R 60.00
TEFF BROWN	500g	R 32.00
THAI BLACK RICE	1kg	R 93.00
THAI BLACK RICE	500g	R 50.00
THAI JASMINE RICE	1kg	R 45.00
THAI JASMINE RICE	500g	R 25.00
THAI JAPANESE (SUSHI) RICE	1kg	R 75.00
THAI JAPANESE (SUSHI) RICE	500g	R 40.00
BROWN BASMATI RICE	1kg	R 75.00
BROWN BASMATI RICE	500g	R 40.00
WHITE BASMATI RICE	1kg	R 70.00
WHITE BASMATI RICE	500g	R 38.00
VEGGI PASTA	1kg	R 125.00
VEGGI PASTA	500g	R 65.00
RYE WHOLE	1kg	R 26.00
RYE CRUSHED	1 kg	R 35.00
RYE CRUSHED	500g	R 20.00
WHEAT WHOLE - HARD RED	1kg	R 35.00
WHEAT WHOLE - HARD RED	500g	R 20.00
WHEAT CRUSHED	1 kg	R 38.00
WHEAT CRUSHED	500g	R 20.00
YELLOW PEA PROTEIN POWDER	1kg	R 205.00
YELLOW PEA PROTEIN POWDER	500g	R 108.00
YELLOW PEA PROTEIN POWDER	250g	R 58.00
YELLOW PEA -TEXTURED PROTEIN	500g	R 145.00
SUNDRIED TOMATOES	1kg	R 240.00
SUNDRIED TOMATOES	500g	R 128.00
SUNDRIED TOMATOES	250g	R 68.00
Nuts & Snacks		
ALMONDS RAW - CSSR	1kg	R 200.00
ALMONDS RAW - CSSR	500g	R 105.00
ALMONDS RAW - CSSR	250g	R 55.00
ANTIOXIDANT TRAIL MIX	1 kg	R 164.00
ANTIOXIDANT TRAIL MIX	500g	R 86.00
ANTIOXIDANT TRAIL MIX	150g	R 33.00
APRICOTS TURKISH CHOICE GRADE	250g	R 60.00
BANANA STRIPS	1kg	R 250.00
BANANA STRIPS	500G	R 135.00
BANANA STRIPS	250g	R 70.00
BRAZIL NUTS - RAW	500g	R 180.00
BRAZIL NUTS - RAW	200g	R 78.00
CASHEW NUTS - PIECES	1kg	R 160.00
CASHEW NUTS - PIECES	500g	R 82.00
CASHEW NUTS - PIECES	250g	R 45.00
CASHEW NUTS - WHOLE (SW)	1kg	R 270.00
CASHEW NUTS - WHOLE (SW)	500g	R 145.00
CASHEW NUTS - WHOLE (SW)	150g	R 42.00
CASHEW NUTS - ROASTED & SALTED	500g	R 145.00
CASHEW NUTS - ROASTED & SALTED	150g	R 42.00
CORN SNACK - CHUTNEY	1kg	R 90.00
CORN SNACK - CHUTNEY	500g	R 47.00
CORN SNACK - CHUTNEY	200g	R 21.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
DATES PITTED	1kg	R 55.00
DATES PITTED	500g	R 30.00
DATES WHOLE DRIED	1kg	R 110.00
DATES WHOLE DRIED	500g	R 55.00
DRIED CRANBERRIES	1kg	R 210.00
DRIED CRANBERRIES	500g	R 112.00
DRIED CRANBERRIES	250g	R 59.00
GINGER SLICES	1kg	R 260.00
GINGER SLICES	500g	R 140.00
GINGER SLICES	200g	R 60.00
HAZEL NUTS	250g	R 85.00
HAZEL NUTS BLANCHED	200g	R 75.00
MACADAMIA NUTS - ROASTED & SALTED	1 kg	R 270.00
MACADAMIA NUTS - ROASTED & SALTED	500g	R 142.00
MACADAMIA NUTS - ROASTED & SALTED	150g	R 50.00
MANGO STRIPS	500g	R 185.00
MANGO STRIPS	200g	R 80.00
MIXED DRIED FRUIT STANDARD	1kg	R 145.00
MIXED DRIED FRUIT STANDARD	500g	R 76.00
MIXED NUTS RAW	1kg	R 250.00
MIXED NUTS RAW	500g	R 130.00
MIXED NUTS RAW	150g	R 40.00
PEANUTS & RAISINS SALTED	1kg	R 95.00
PEANUTS & RAISINS SALTED	500g	R 50.00
PEANUTS BLANCHED, RAW	1kg	R 100.00
PEANUTS BLANCHED, RAW	500g	R 55.00
PEANUTS BLANCHED, ROASTED AND SALTED	1kg	R 112.00
PEANUTS BLANCHED, ROASTED AND SALTED	500g	R 58.00
PECAN NUT PIECES	1kg	R 260.00
PECAN NUT PIECES	500g	R 138.00
PECAN NUT PIECES	200g	R 60.00
PISTACHIO NUTS in Shell	250g	R 127.00
PRUNES PITTED CHOICE	1kg	R 175.00
PRUNES PITTED CHOICE	500g	R 92.00
RAISINS MEDIUM SEEDLESS	1kg	R 65.00
RAISINS MEDIUM SEEDLESS	500g	R 35.00
RAISINS MEDIUM SEEDLESS	200g	R 15.00
SUNDRIED PEACHES	1kg	R 190.00
SUNDRIED PEACHES	500g	R 100.00
SUNDRIED PEACHES	250g	R 55.00
SUPER TRAIL MIX with CRANBERRIES	500g	R 95.00
SUPER TRAIL MIX with CRANBERRIES	250g	R 50.00
SUPER TRAIL MIX with RAISINS	500g	R 80.00
SUPER TRAIL MIX with RAISINS	250g	R 45.00
TRAIL MIX	1kg	R 150.00
TRAIL MIX	500g	R 77.00
TRAIL MIX	250g	R 40.00
WALNUT PIECES	500g	R 120.00
WALNUT PIECES	250g	R 60.00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>	
Sweets			
CARAMEL POPCORN	250g	R	30.00
CARAMEL POPCORN	100g	R	15.00
SPECKLED EGGS	1kg	R	180.00
SPECKLED EGGS	250g	R	48.00
JELLY TOTS	1kg	R	110.00
JELLY TOTS	250g	R	30.00
JELLY BEANS	1kg	R	145.00
JELLY BEANS	250g	R	38.00
Honey			
RAW HONEY (Mixed Floral)	1kg	R	150.00
RAW HONEY (Mixed Floral)	500g	R	80.00
RAW HONEY (Koepel)	1kg	R	180.00
RAW HONEY (Koepel)	500g	R	95.00
RAW CREAMED HONEY (VERROOMDE HEUNING)	1kg	R	180.00
RAW CREAMED HONEY (VERROOMDE HEUNING)	450g	R	95.00
Peanut Butter			
PEANUT BUTTER - SMOOTH	1kg	R	110.00
PEANUT BUTTER - SMOOTH	500g	R	65.00
PEANUT BUTTER - CRUNCHY	1kg	R	110.00
PEANUT BUTTER - CRUNCHY	500g	R	65.00

To enquire about any unlisted items, WhatsApp us at 079 248 6831. Please note that prices and availability may be subject to change. All Herbs & Spices are not

Order Online - Website: www.newhi.co.za

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