

Special

Chillos Ladoo

SEASONAL DELICACIES



SEASONAL DELICACIES

Chill with Natural Taste

**Homemade
Healthy
Nutritious**

introduction

Welcome to CHILLOS Seasonal Delicacies, where we believe that eating seasonally should be a celebration of flavor and a delight for the senses. We are passionate about crafting delicious and memorable delicacies that showcase the best of each season's bounty.

We take pride in sourcing the highest quality, locally-grown, and organic ingredients whenever possible. We believe that by eating seasonally and using fresh ingredients





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about us

At Chillos, we're passionate about bringing you the finest seasonal delicacies all year round. Our mission is simple: to source the highest-quality, seasonal ingredients and transform them into delicious, memorable creations that celebrate the unique flavors of each season. From farm to plate, we honor nature's rhythm—because great taste starts with perfect timing.

FSSAI NO : 21520083000032

Our Speciality

- Homemade, Healthy and Nutritious
- No preservatives or artificial flavors
- Authentic traditional taste with a modern touch



Homemade, Healthy and Nutritious

Ingredients:

Dink, Poppy Seeds, Organic Jaggery, Dry Khajoor, Sajuk Ghee, Sesame Seeds, Gum, Greated Coconut, Dry Fruits, Wheat

Benefits:

- Rich in calcium and other essential nutrients, edible gum supports bone health and helps alleviate joint pain.
- Packed with ingredients like jaggery, nuts, and ghee, these ladoos are an excellent source of sustained energy..
- Strengthens the body and promotes overall well-being.
- Ingredients like edible gum, nuts, and seeds help
- enhance milk production in breastfeeding mothers.
- Dink ladoos have a warming effect on the body, making them an excellent choice for colder months or for those living in cold climates.
- Its ability to strengthen the immune system, while dry fruits and jaggery add antioxidants and essential nutrients to the mix.



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**DINK
Ladoo**



Homemade, Healthy and Nutritious

Ingredients:

Dink, Poppy Seeds, fenugreek, Organic Jaggery, Dry Khajoor, Sajuk
Ghee, Sesame Seeds, Gum, Greated Coconut, Organic Jaggery
Dry Fruits, Wheat

Benefits:

- Fenugreek seeds are rich in calcium, magnesium, and anti-inflammatory properties, making them beneficial for joint pain and arthritis.
- Methi ladoo helps in controlling blood sugar levels by improving insulin sensitivity, making it beneficial for diabetics.
- Methi ladoos are often recommended for new mothers as fenugreek helps improve milk production and provides essential nutrients for postpartum recovery.
- It is also considered beneficial in blood pressure problems.
- These ladoos are packed with ghee, nuts, and seeds, providing a good balance of fats and energy, which is especially helpful during recovery or physically demanding routines.



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**Methi
Ladoo**

Homemade, Healthy and Nutritious

Ingredients:

Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Nachni (Ragi) Satva, Organic Jaggery. nutmeg

Benefits:

- Nachni (ragi) is an excellent source of calcium, which helps in strengthening bones and teeth, making it particularly beneficial for growing children, women, and elderly people..
- Ragi is a good source of iron, which helps in improving hemoglobin levels in the blood, making it beneficial for those suffering from anemia.
- Nachni is rich in fiber and has a low glycemic index, making it a good choice for people looking to manage heir weight or control blood sugar levels.
- Improve overall immunity and provide vital nutrients for better health
- Improve stamina and reduce fatigue.

Nachni Satva Ladoo



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Oats Ladoo

Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, , Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Oats, Peanut Butter, Organic Jaggery

Benefits:

- Oats are an excellent source of soluble fiber, which promotes healthy digestion and helps prevent constipation.
- Oats ladoos are filling and keep you satiated for longer, helping reduce unhealthy snacking.
- Oats contain beta-glucan, which helps lower bad cholesterol (LDL) levels, reducing the risk of heart diseases.
- Oats are rich in antioxidants and essential nutrients, which strengthen the immune system.
- Regulates Blood Sugar Levels and Supports Bone



Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Raisins, Dry Fig, Akrod

Benefits:

- Packed with natural sugars, healthy fats, and carbohydrates, they provide an instant energy boost.
- High fiber content in dry fruits aids in better digestion and prevents constipation.
- Dry fruit Ladoos are high in calcium, magnesium, and phosphorus, which are crucial for strong bones.
- Rich in antioxidants like Vitamin E and selenium, dry fruits strengthen the immune system and fight off infections
- These ladoos are filling and reduce unnecessary cravings, making them a healthier snack alternative.

**Dry
Fruit**

Poushtic Ladoo



Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, , Sajuk Ghee, Sesame Seeds, Greated Coconut, Organic Jaggery, Almonds, Cashew, Roasted Chana Dal, Ground Nuts, Flattend Rice

Benefits:

- Problems like arthritis, everyday suffering from osteoporosis etc, It can be avoided by eating dry coconuts.
- Eating Ladoo increases the immunity of the body
- Beneficial in joint pain problem.
- Eliminates fatigue, weakness, feels refreshed throughout the day.
- Eating dry fruits is necessary for the body, various nutrients are provided



Homemade, Healthy and Nutritious

Ingredients:

Sajuk Ghee, Greated Coconut, Almonds, Organic Jaggery, Cashew, Aliv Seeds, Cardamom Powder, Nutmeg

Benefits:

- Aliv seeds are an excellent source of iron, which helps in increasing hemoglobin levels and preventing anemia.
- Aliv seeds are rich in calcium, magnesium, and phosphorus, which strengthen bones and reduce the risk of osteoporosis.
- Aliv ladoos are often recommended for new mothers as they help in regaining strength, improving lactation, and speeding up postpartum recovery.
- The high fiber content in aliv seeds promotes healthy digestion, prevents constipation, and supports gut health.
- Balances Hormonal Health



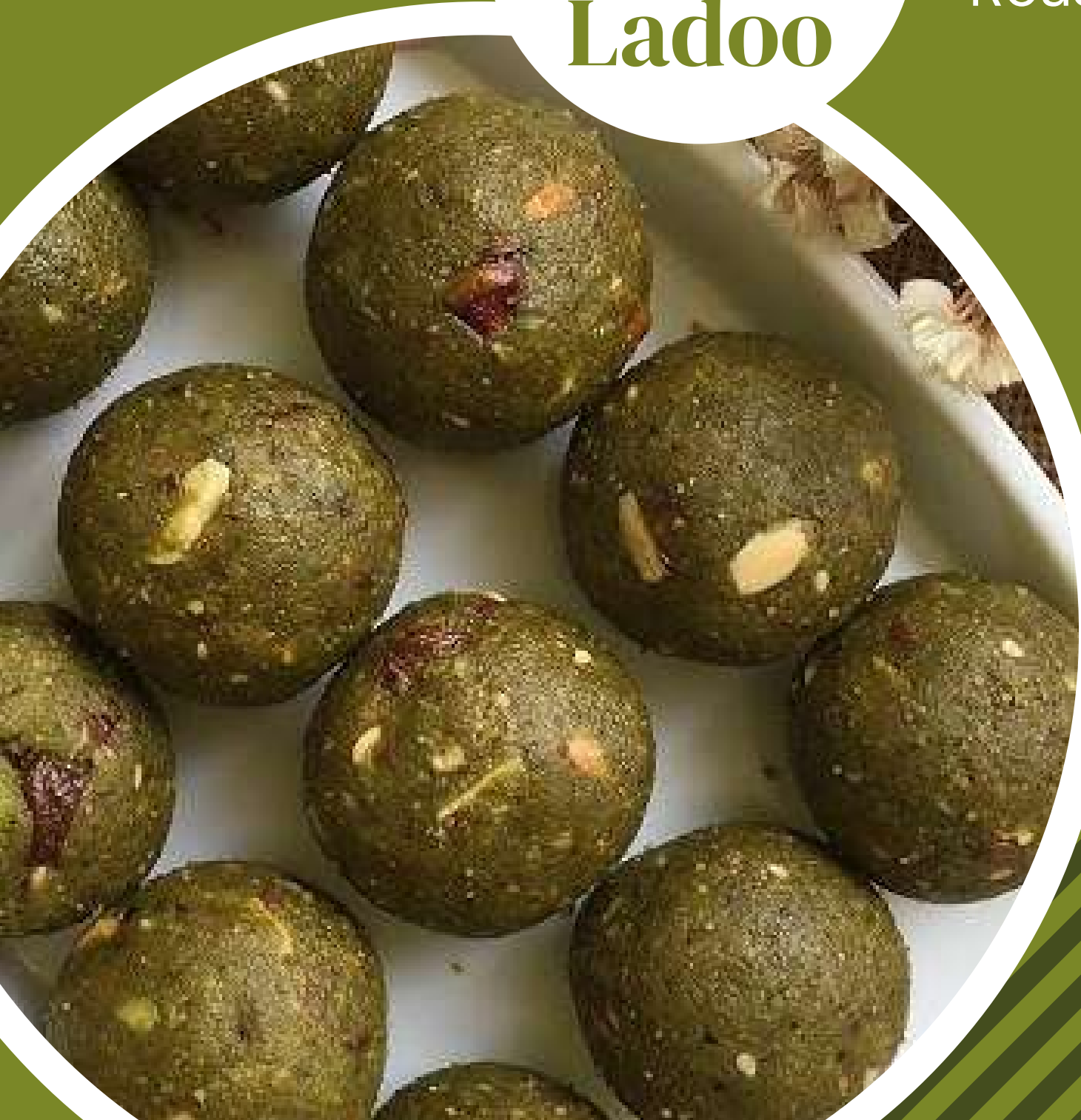
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**Aliv
Ladoo**

Green Moong Ladoo



Homemade, Healthy and Nutritious

Ingredients:

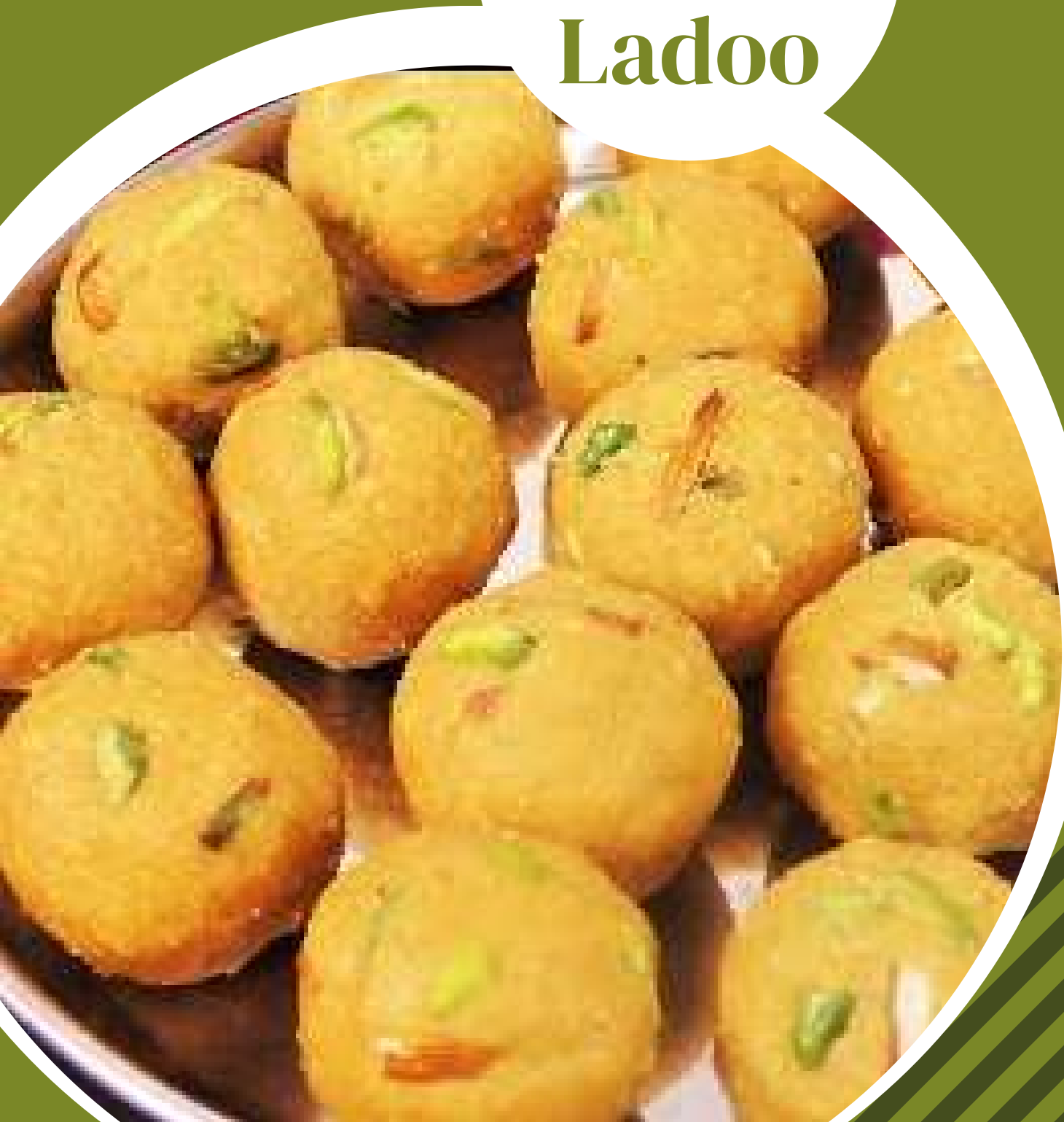
Roasted Green Moong, Organic Jaggery, Almonds, Cashew, Ghee

Benefits:

- Protein-rich for muscle health and repair.
- High in dietary fiber, aiding in digestion and weight management.
- Contains antioxidants that combat inflammation and support overall well-being.
- Iron and magnesium enhance energy levels and improve heart health.
- Low glycemic index makes it suitable for those managing blood sugar levels.



Moong- dal Ladoo



Homemade, Healthy and Nutritious

Ingredients:

Roasted Moong Dal, Organic Jaggery, Almonds, Cashew, Ghee

Benefits:

- High in Protein: Moong daal is an excellent source of protein, making these laddus a great snack for energy and muscle repair.
- Boosts Energy: The combination of ghee and jaggery provides a quick and sustained energy boost.
- Improves Digestion: Ingredients like ghee and cardamom help in maintaining a healthy digestive system.
- These laddus are packed with essential vitamins and minerals, supporting overall health and well-being. Low glycemic index makes it suitable for those managing blood sugar levels.

Khajoor Ladoo

Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Greated Coconut, Almonds, Cashew, Pistachio,

Benefits:

- These Laddo's Rich in natural sugars like glucose and fructose, providing instant energy.
- Dates Ladoos's are high in dietary fiber, which promotes healthy digestion.
- These Ladoo's contain calcium, magnesium, and phosphorus, which are essential for bone health.
- Boosts Hemoglobin and Purifies Blood
- Rich in potassium and antioxidants, khajoor ladoos help maintain heart health.
- Enhances Immunity and Good for Eyes



Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Raisins, Dry Fig, Akrod

Benefits:

- Packed with natural sugars, healthy fats, and carbohydrates, they provide an instant energy boost.
- High fiber content in dry fruits aids in better digestion and prevents constipation.
- Dry fruit Ladoos are high in calcium, magnesium, and phosphorus, which are crucial for strong bones.
- Rich in antioxidants like Vitamin E and selenium, dry fruits strengthen the immune system and fight off infections
- These ladoos are filling and reduce unnecessary cravings, making them a healthier snack alternative.

Dry Fruit Modak



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Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Raisins, Dry Fig, Akrod

Benefits:

- Packed with natural sugars, healthy fats, and carbohydrates, they provide an instant energy boost.
- High fiber content in dry fruits aids in better digestion and prevents constipation.
- Dry fruit Ladoos are high in calcium, magnesium, and phosphorus, which are crucial for strong bones.
- Rich in antioxidants like Vitamin E and selenium, dry fruits strengthen the immune system and fight off infections
- These ladoos are filling and reduce unnecessary cravings, making them a healthier snack alternative.

Dry Fruit Bar



Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Raisins, Dry Fig, Akrod, Dark Chocolate

Benefits:

- Dark chocolate and dry fruits like almonds and raisins are packed with antioxidants that help fight free radicals and support overall health.
- High fiber content in dry fruits aids in better a natural combination of healthy fats, natural sugars, and fiber makes it a great on-the-go energy snack. Dry fruit Ladoos are high in calcium, magnesium, phosphorus, which are crucial for strong bones.
- Rich in antioxidants like Vitamin E and selenium, dry fruits strengthen the immune system and fight off infections

Chocolate DryFruit Bar



Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Raisins, Dry Fig, Akrod, Chocolate

Benefits:

- Dark chocolate and dry fruits like almonds and raisins
- are packed with antioxidants that help fight free radicals and support overall health.
- High fiber content in dry fruits aids in better
- a natural combination of healthy fats, natural sugars, and fiber makes it a great on-the-go energy snack. Dry fruit Ladoos are high in calcium, magnesium, phosphorus, which are crucial for strong bones.
- Rich in antioxidants like Vitamin E and selenium, dry
- fruits strengthen the immune system and fight off infections



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Chocolate Dryfruit Bites

Homemade, Healthy and Nutritious

Ingredients:

Poppy Seeds, Khajoor, Sajuk Ghee, Sesame Seeds, Pumkeen Seeds, Greated Coconut, Almonds, Cashew, Pistachio, Raisins, Dry Fig, Akrod , Oats

Benefits:

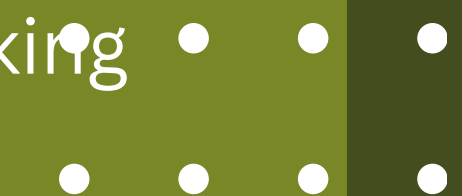
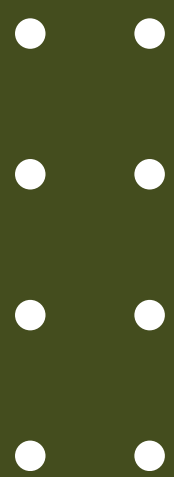
- Packed with natural sugars, healthy fats, and carbohydrates, they provide an instant energy boost.
- High fiber content in dry fruits aids in better digestion and prevents constipation.
- Dry fruit Ladoos are high in calcium, magnesium, and phosphorus, which are crucial for strong bones.
- Rich in antioxidants like Vitamin E and selenium, dry fruits strengthen the immune system and fight off infections
- These ladoos are filling and reduce unnecessary cravings, making them a healthier snack alternative.

Oats Bar



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