



VISTARA
EXPORTS

MAKHANA CATALOGUE



ABOUT US

- ◆ We bring you the best quality Makhana (Foxnuts), directly from the farms of Bihar, especially the Mithila region, known for producing the finest GI-tagged Mithila Makhana in India.
- ◆ We work closely with farmers, process the Makhana in our own facility, and deliver as per customer needs.
- ◆ Our focus is on providing clean, crispy, and high-grade Makhana in every batch.
- ◆ We supply to FMCG companies, wholesalers, dry fruit stores, and snack brands across India and internationally.
- ◆ Whether in bulk or private label, we offer complete Makhana solutions tailored to your brand.
- ◆ With quality, trust, and timely delivery, Vistara Exports is your reliable Makhana partner.

OUR VISION

- ◆ To take India's traditional superfood - Makhana - to every corner of the world.
- ◆ To promote healthy living through natural, sustainable products.
- ◆ To support local farmers by sourcing directly and offering fair prices.
- ◆ To build transparent and efficient supply chains.
- ◆ To deliver trust, quality, and nutrition - from farm to fork.

ABOUT MAKHANA

- ◆ Makhana, also known as fox nuts or popped lotus seeds, is a traditional Indian superfood.
- ◆ It is rich in protein, fiber, and antioxidants, making it highly nutritious.
- ◆ Naturally gluten-free, low in calories, and easy to digest.
- ◆ A perfect choice for healthy snacking, especially for weight watchers and fitness lovers.
- ◆ Its light, crunchy, and tasty nature makes it popular among all age groups.
- ◆ Mithila Makhana from Bihar is especially valued for its size, purity, and taste, and is a GI-tagged product, known for its premium quality.

MAKHANA BENEFITS



Vegan



Rich in
Nutrients



Good for
Heart Health



Strengthens
Bones



Non-CMO



Low
Glycemic Index



Gluten-Free &
Easy to Digest



Anti-Aging
Properties



VERSATILITY & VARIOUS FORMS

Versatility of Makhana makes it easy to adapt to various consumer preferences in different markets.



Raw

Premium raw makhana light, crunchy, and naturally nutritious for a healthy snack!



Curry

A versatile superfood perfect for making rich and creamy curries!



Dry Roasting

Roasting makhana enhances its flavor, making it irresistibly crunchy and delicious!



Oil Roasting

Oil-roasting makhana brings out a richer flavor and crispier texture, making it even more delicious.



Salad

A makhana salad is a crunchy, refreshing mix of roasted makhana, fresh veggies, and a zesty dressing.



Protein Powder

Makhana protein powder is a plant-based, protein-packed boost for your diet.



Flour

Makhana flour is a gluten-free alternative, perfect for baking, thickening soups, or making pancakes and fritters.



Mixed Nuts

Your own custom blend packaged for your needs. Our specialized equipment can create virtually any assortment.



Smoothie

A makhana smoothie is a creamy, protein-packed treat.



Retail Packaging

The final step. We package and label your finished product

Analysis of Essential Amino Acid Index (EAAI)

Makhana	89%
Fish	89%
Cow Milk	88.80%
Mutton	87.24%
Rice	83%
Bengal Gram	81.50%
Wheat	65%

Why is EAAI important?

- ♦ EAAI can help identify protein sources that are good for nutrition.
- ♦ EAAI can help determine if a protein source can be incorporated into a diet.

MAKHANA GRADE

At the heart of our commitment to providing the finest makhana lies a range of grades in the raw makhana category. Each grade represents a distinct size, ensuring that you have the flexibility to choose the perfect fit for your preferences. Our diverse selection ensures your customers have access to all possible grades and their blends. We understand the varied preferences within market, and our range is crafted to meet the unique needs of your business.



GRADE - 6



GRADE - 5



GRADE - 4



GRADE - 3



GRADE - 2

Grades	Size(mm)	Quality
Grade - 6	19+	Top-notch
Grade - 5.5+	17.5+	Super Large
Grade - 5+	15.8+	Large
Grade - 5 Exclusive	15.8 to 19	Uniform large
Grade - 4.5+	14.2 +	Moderately large
Grade - 4+	12.7 +	Medium large
Grade - 4 Exclusive	12.7 - 15.8	Uniform medium
Grade - 3	9.5 - 12.7	Uniform small
Grade - 2	6.3 - 9.5	Uniform tiny

GRADE - 6

Suitable for premium-grade packaging of plain Makhana. This provides a foundation for customers who sought highest quality Makhana.

GRADE - 5.5+

The combination of superior grade and substantial size makes these foxnuts ideal for various culinary applications, ensuring a delightful experience for those who appreciate larger, high-quality Makhana.

GRADE - 5+

Aligned with the high demand for quality, these ample-sized foxnuts are an excellent choice for elevating Makhana consumption standards, providing a premium indulgence.

GRADE - 5+ EXCLUSIVE

Perfect for preserving high-quality plain Makhana, it is versatile enough for additional processes such as coating, roasting, flavoring, and manufacturing namkeen mixes and snacks.

GRADE- 4.5+

Perfect for packaging high-quality plain Makhana, it has the capacity for additional processing, including coating, flavoring, roasting, and the preparation of snacks and namkeen mixtures.

GRADE - 4+

Appropriate for the packaging of good quality plain Makhana.

GRADE - 4 EXCLUSIVE

Frequently used for blending with higher-grade Makhana.

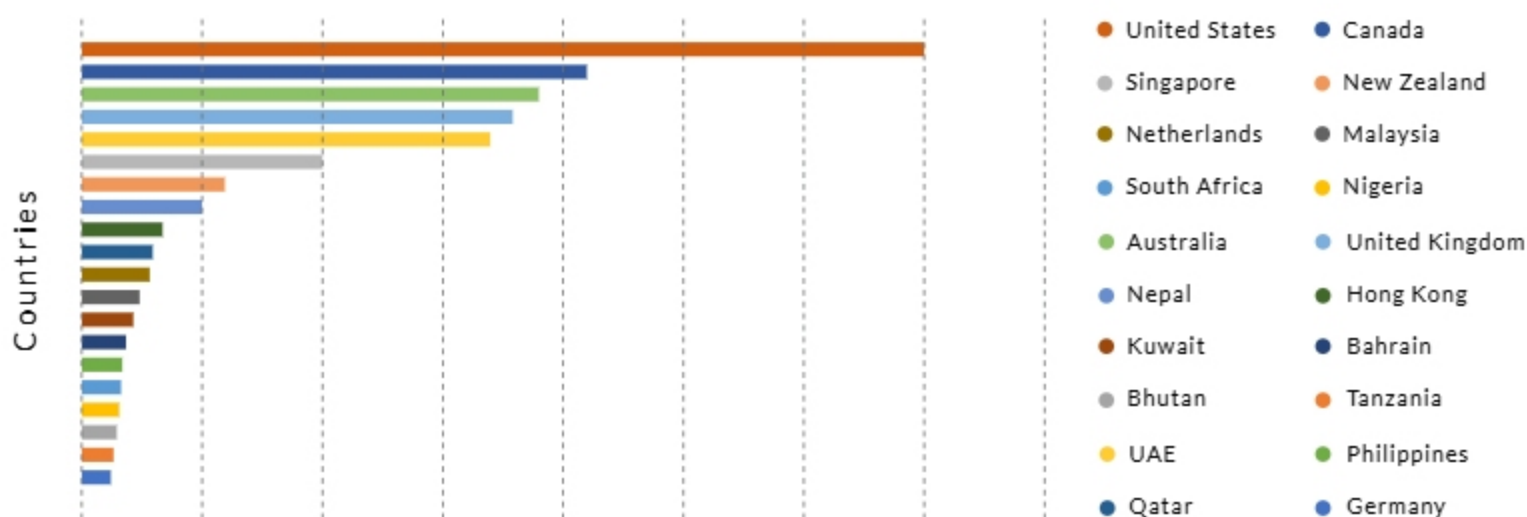
GRADE - 3

Commonly used to create Makhana powder for further processing into Makhana flour, pasta, porridge, baby food, and other applications.

GRADE - 2

Commonly used to create Makhana powder for subsequent processing into Makhana flour, pasta, porridge, baby food, and smoothie premixes etc.

Top 20 Importers



OUR PRODUCTS



PACKAGING

Our Makhana are generally packaged in 8 and 10kgs PP with liner bags

STORAGE

Makhana are best store in dry, cool places & away from sunlight.

Vistara Makhana



Vistara Makhana brings you the natural power of wellness in every bite. Sourced directly from the heart of Mithila, Bihar, our premium, non-flavored fox nuts are packed with plant-based protein, low in calories, and completely free from preservatives or additives.

Whether you're looking for a healthy snack or a clean energy boost, Vistara Makhana offers the perfect balance of crunch, purity, and nutrition – crafted for every lifestyle.

Stay light. Snack right. Naturally with Vistara.



Rich in
Antioxidant



Rich in
Nutrients



Best Healthy
Choice



Directly from
the Source



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