



## Healthy Non-GMO Food and Snacks

**March 2026 Price List**

Description	Size	Prys vir elk
<b>Baking Supplies</b>		
Bake - ALMOND FLAKES	250g	R 75,00
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	1kg	R 50,00
Bake - CASTOR SUGAR	500g	R 26,00
Bake - COCONUT FLAKES	500g	R 70,00
Bake - COCONUT FLAKES	250g	R 35,00
Bake - ICING SUGAR	1kg	R 50,00
Bake - ICING SUGAR	500g	R 26,00
Bake - CUSTARD POWDER	500g	R 65,00
Bake - CUSTARD POWDER	250g	R 35,00
FLOUR - ALMOND GROUND	1kg	R 320,00
FLOUR - ALMOND GROUND	500g	R 165,00
FLOUR - ALMOND BAKING FLOUR	1kg	R 285,00
FLOUR - ALMOND BAKING FLOUR	500g	R 145,00
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	1kg	R 175,00
FLOUR - COCONUT - BAKING FLOUR	500g	R 92,00
FLOUR - COCONUT - DESICCATED (Fine)	500g	R 68,00
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 - MILLET WHOLE	1kg	R 55,00
FLOUR - MILLET WHOLE	500g	R 28,00
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 - PEARLED BARLEY WHOLE	1kg	R 50,00
FLOUR - PEARLED BARLEY WHOLE	500g	R 26,00
FLOUR - RYE WHOLE	1kg	R 45,00
FLOUR - RYE WHOLE	500g	R 25,00

<b>Description</b>	<b>Size</b>	<b>Prys vir elk</b>
FLOUR - SORGHUM RED	1kg	R 45,00
FLOUR - SORGHUM RED	500g	R 25,00
FLOUR - SPELT WHOLE	1kg	R 80,00
FLOUR - SPELT WHOLE	500g	R 42,00
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 65,00
FLOUR - WHOLE WHEAT	500g	R 37,00
RAW MACA POWDER	500g	R 215,00
RAW MACA POWDER	250g	R 115,00
RAW MACA POWDER	100g	R 50,00
<b>Herbs &amp; Spices</b>		
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
<b>Grains, Seeds &amp; Beans</b>		
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 75,00
BEANS - HARICOT (SMALL WHITE) BEANS	500g	R 40,00
BEANS - KIDNEY BEANS RED	1kg	R 78,00
BEANS - KIDNEY BEANS RED	500g	R 41,00
BEANS - SUGAR	1kg	R 82,00
BEANS - SUGAR	500g	R 44,00
BEANS - MUNG BEANS	1kg	R 50,00
BEANS - MUNG BEANS	500g	R 26,00
AMARANTH	1kg	R 105,00
AMARANTH	500g	R 55,00
BUCK WHEAT DEHULLED	1kg	R 125,00
BUCK WHEAT DEHULLED	500g	R 64,00
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
CHICKPEAS - Medium	1kg	R 76,00
CHICKPEAS - Medium	500g	R 40,00
COUSCOUS - WHOLE WHEAT	1kg	R 98,00
COUSCOUS - WHOLE WHEAT	500g	R 50,00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
GREEN PEAS - SPLIT	1kg	R 48,00
GREEN PEAS - SPLIT	500g	R 25,00
GREEN PEAS - WHOLE	1kg	R 44,00
GREEN PEAS - WHOLE	500g	R 24,00
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
LENTILS BROWN WHOLE	5kg	R 280,00
LINSEED (FLAXSEED)	5kg	R 330,00
LINSEED (FLAXSEED)	1kg	R 76,00
LINSEED (FLAXSEED)	500g	R 40,00
LINSEED GOLDEN	1kg	R 82,00
LINSEED GOLDEN	500g	R 44,00
LINSEED GOLDEN	5kg	R 350,00
MILLET - DEHULLED	1kg	R 58,00
MILLET - DEHULLED	500g	R 30,00
GRANOLA WITH SEEDS	1kg	R 72,00
MUESLI - MIXED FRUIT & SEEDS	1kg	R 72,00
MUESLI - NUTS, SEEDS & RAISINS (Original)	1kg	R 72,00
OAT BRAN	1kg	R 57,00
OAT BRAN	500g	R 30,00
OATS - DEHULLED (GROATS)	1kg	R 48,00
OATS - DEHULLED (GROATS)	500g	R 26,00
OATS - DEHULLED (GROATS)	5kg	R 210,00
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 NON-GMO	1kg	R 78,00
POPCORN - BUTTERFLY NON-GMO	500g	R 40,00
POPCORN - BUTTERFLY	1kg	R 42,00
POPCORN - BUTTERFLY	500g	R 22,00
POPCORN - MUSHROOM	1kg	R 45,00
POPCORN - MUSHROOM	500g	R 24,00
POPPY SEED	1kg	R 215,00
POPPY SEED	500g	R 115,00
POPPY SEED	200g	R 50,00
PRIDE GMO-FREE BRAAI PAP	2.5kg	R 44,00

Description	Size	Prys vir elk
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 157,00
QUINOA - WHITE	500g	R 80,00
QUINOA - WHITE, BALACK & RED MIX	1kg	R 152,00
QUINOA - WHITE, BALACK & RED MIX	500g	R 80,00
RAW CACAO NIBS	5kg	R 3 700,00
RAW CACAO NIBS	1kg	R 750,00
RAW CACAO NIBS	500g	R 380,00
RAW CACAO NIBS	150g	R 120,00
SAGO	1kg	R 75,00
SAGO	500g	R 39,00
SESAME SEED - BLACK	500g	R 90,00
SESAME SEED - BLACK	200g	R 40,00
SESAME SEED - DEHULLED	1kg	R 153,00
SESAME SEED - DEHULLED	500g	R 80,00
SESAME SEED - DEHULLED	200g	R 34,00
SORGHUM - RED	1kg	R 38,00
SORGHUM - RED	500g	R 20,00
SORGHUM - RED	5kg	R 165,00
SOUP MIX	1kg	R 38,00
SOUP MIX	500g	R 20,00
SPELT GRAIN	1kg	R 68,00
SPELT GRAIN	500g	R 35,00
SPELT GRAIN	5kg	R 310,00
SUNFLOWER SEED DEHULLED	1kg	R 75,00
SUNFLOWER SEED DEHULLED	500g	R 40,00
SUNFLOWER SEED DEHULLED	200g	R 18,00
TEFF BROWN	1kg	R 60,00
TEFF BROWN	500g	R 32,00
THAI BLACK RICE	1kg	R 118,00
THAI BLACK RICE	500g	R 62,00
THAI JASMINE RICE	1kg	R 75,00
THAI JASMINE RICE	500g	R 40,00
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 135,00
VEGGI PASTA	500g	R 70,00
RYE WHOLE	1kg	R 26,00
RYE CRUSHED	1kg	R 35,00
RYE CRUSHED	500g	R 20,00
WHEAT WHOLE - HARD RED	1kg	R 45,00
WHEAT WHOLE - HARD RED	500g	R 23,00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
WHEAT CRUSHED	1kg	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
SUNDRIED TOMATOES Grade A	1kg	R 280,00
SUNDRIED TOMATOES Grade A	500g	R 150,00
SUNDRIED TOMATOES Grade B	1kg	R 210,00
SUNDRIED TOMATOES Grade B	500g	R 110,00
<b>Nuts &amp; Snacks</b>		
ALMONDS RAW - CSSR	1kg	R 270,00
ALMONDS RAW - CSSR	500g	R 140,00
ALMONDS RAW - CSSR	250g	R 74,00
ANTIOXIDANT TRAIL MIX	1kg	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 CHIPS	1kg	R 135,00
BANANA CHIPS	450g	R 65,00
BANANA CHIPS	200g	R 30,00
BRAZIL NUTS - RAW	500g	R 380,00
BRAZIL NUTS - RAW	200g	R 160,00
CASHEW NUTS - PIECES	1kg	R 215,00
CASHEW NUTS - PIECES	500g	R 110,00
CASHEW NUTS - PIECES	250g	R 60,00
CASHEW NUTS - WHOLE (SW)	1kg	R 305,00
CASHEW NUTS - WHOLE (SW)	500g	R 160,00
CASHEW NUTS - WHOLE (SW)	150g	R 50,00
CASHEW NUTS - ROASTED & SALTED	1kg	R 320,00
CASHEW NUTS - ROASTED & SALTED	500g	R 165,00
CASHEW NUTS - ROASTED & SALTED	150g	R 50,00
CORN SNACK - CHUTNEY	1kg	R 105,00
CORN SNACK - CHUTNEY	500g	R 55,00
CORN SNACK - CHUTNEY	200g	R 23,00
DATES PITTED	1kg	R 70,00
DATES PITTED	500g	R 36,00
DATES WHOLE DRIED	1kg	R 110,00
DATES WHOLE DRIED	500g	R 55,00
DRIED CRANBERRIES	1kg	R 210,00
DRIED CRANBERRIES	500g	R 113,00
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 110,00
HAZEL NUTS BLANCHED	200g	R 75,00
MACADAMIA NUTS - ROASTED & SALTED	1kg	R 285,00
MACADAMIA NUTS - ROASTED & SALTED	500g	R 150,00
MACADAMIA NUTS - ROASTED & SALTED	150g	R 50,00
MACADAMIA NUTS - PERI PERI	500g	R 150,00
MACADAMIA NUTS - PERI PERI	150g	R 50,00

<b>Description</b>	<b>Size</b>	<b>Prys vir elk</b>
MACADAMIA NUTS - CHUTNEY	500g	R 150,00
MACADAMIA NUTS - CHUTNEY	150g	R 50,00
MACADAMIA NUTS - HONEY	500g	R 150,00
MACADAMIA NUTS - HONEY	150g	R 50,00
MACADAMIA NUTS - BBQ	500g	R 150,00
MACADAMIA NUTS - BBQ	150g	R 50,00
MACADAMIA NUTS -RAW	1kg	R 220,00
MACADAMIA NUTS -RAW	500g	R 115,00
MACADAMIA NUTS -RAW	150g	R 40,00
MANGO STRIPS	500g	R 185,00
MANGO STRIPS	200g	R 80,00
MIXED DRIED FRUIT CHOICE	1kg	R 190,00
MIXED DRIED FRUIT CHOICE	500g	R 100,00
MIXED NUTS RAW	1kg	R 280,00
MIXED NUTS RAW	500g	R 145,00
MIXED NUTS RAW	150g	R 45,00
PEANUTS & RAISINS SALTED	1kg	R 117,00
PEANUTS & RAISINS SALTED	500g	R 58,00
PEANUTS BLANCHED, RAW	1kg	R 100,00
PEANUTS BLANCHED, RAW	500g	R 55,00
PEANUTS BLANCHED, ROASTED AND SALTED	1kg	R 120,00
PEANUTS BLANCHED, ROASTED AND SALTED	500g	R 63,00
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
RAISINS MEDIUM SEEDLESS (Choice)	1kg	R 110,00
RAISINS MEDIUM SEEDLESS (Choice)	500g	R 58,00
SUNDRIED PEACHES	1kg	R 215,00
SUNDRIED PEACHES	500g	R 108,00
SUNDRIED PEACHES	250g	R 57,00
SUNDRIED NECTARINES	1kg	R 205,00
SUNDRIED NECTARINES	500g	R 108,00
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
SULTANAS	1kg	R 115,00
SULTANAS	500g	R 60,00
TRAIL MIX	1kg	R 155,00
TRAIL MIX	500g	R 82,00
TRAIL MIX	250g	R 43,00
WALNUT PIECES	500g	R 125,00
WALNUT PIECES	250g	R 65,00

<u>Description</u>	<u>Size</u>	<u>Prys vir elk</u>
<b>Herbal Remedies</b>		
ANTI-INFLAMATORY	120 Cap	R 120,00
ANTI-VIRAL & BACTERIAL	120 Cap	R 120,00
CAYENNE PEPPER	120 Cap	R 120,00
MORINGA SEED & LEAF	120 Cap	R 120,00
IMMUNE BOOSTER	120 Cap	R 120,00
<b>Sweets</b>		
CARAMEL POPCORN	1kg	R 105,00
CARAMEL POPCORN	250g	R 30,00
CARAMEL POPCORN	100g	R 15,00
<b>Raw Honey</b>		
RAW HONEY (Mixed Floral)	1kg	R 150,00
RAW HONEY (Mixed Floral)	500g	R 80,00
<b>Tea</b>		
LOOSE ROOIBOS TEA	1kg	R 200,00
LOOSE ROOIBOS TEA	500g	R 102,00
LOOSE ROOIBOS TEA	250g	R 55,00
HONEYBUSH TEA FERMENT - LOOSE	200g	R 60,00
HONEYBUSH TEA FERMENT - TEA BAGS	40 bags	R 60,00
HONEYBUSH TEA GREEN - TEA BAGS	40 bags	R 60,00
RED ESPRESSO	250g	R 90,00

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 irradiated and the Grain, Seeds & Beans are Non-GMO.

**Order Online - Website:** [www.newhi.co.za](http://www.newhi.co.za)

**WhatsApp:** 079 248 6831

**e-mail:** [business@newhi.co.za](mailto:business@newhi.co.za)

**New Heights Bank Details**

FNB Cheque Account/Rek Nommer: 62 874 217 526

Branch Code/Takkode: 250655

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