

Ceylon Cinnamon

The most famous spice from Sri Lanka is Ceylon cinnamon, also referred to as True Cinnamon, which is native to the country. Pure Ceylon cinnamon has been hailed as a miraculous spice for centuries, cherished for its unique and captivating aroma that is exclusive to this variety. The Romans held the belief that the fragrance of cinnamon possessed sacred qualities.

Benefits

Benefits of this spice are antimicrobial (helps the human body to fight bacterial, fungal, and viral infections), antioxidant, anti-inflammatory and reduces the risk of diabetes.



Ceylon Cinnamon Sticks



Ceylon Cinnamon powder

Ceylon Cardamom

Ceylon Cardamom (*Elettaria cardamomum*) or green cardamom is known as the "Queen of Spices". It can be used to add fragrance and a subtle sweet smoke flavor to fish, meat, and seafood dishes, as well as in the preparation of desserts, beverages, and spices tea. This can be used for various fall/winter bakings, cookings, and beverages.

Benefits

It helps reduce risks of cancer, reduces risks of cardiovascular diseases, blood cholesterol levels, and digestive tract infections, helps to provide healthy skin, improves oral health, and relieves depression and mental stress.



Cardamom whole



Cardamom powder

Ceylon Clove

Cloves are used in the cuisines and lending flavor to meat, curries, and marinades, as well as fruit (such as apples, pears). Cloves may be used to give aromatic and flavor qualities to hot beverages, often combined with other ingredients such as lemon and sugar. This can be used for various fall/winter bakings, cookings, and beverages.

Benefits

Benefits include the improvement of the digestive system, oral health, liver health, skin health, and hair condition, maintaining a healthy blood glucose level, and soothes mental fatigue and exertion as well.



Cloves whole

Ceylon Ginger

With small rhizomes and white fibrous flesh Sri Lankan ginger has a stronger flavor and aroma than other varieties. This makes it more suitable for elevating the taste of curries, smoothies, chutneys, and for seasoning. It is a great immunity booster.

Benefits

Ginger has long proven to have a curing effect on nausea and has been recently found to have strong antidiabetic effects by lowering blood sugar. The herb is also a home remedy for indigestions mostly used in Asia.



Dried Ginger powder

Ceylon White & Black Pepper

Black pepper and White pepper are the second most-produced spice in Sri Lanka and are used in various types of cuisines. It is a great seasoning for meat and fish. When composed without the pericarp, this becomes white pepper.

Benefits

This spice has many health benefits, including healthy skin, cancer prevention, aiding in weight loss and fighting depression, improving digestion, treating asthma, and improving brain function / low appetite, among others.



Black pepper whole



Black pepper crushed



White pepper whole



White pepper crushed

Ceylon Nutmeg and Mace

Nutmeg and Mace are two separate spices derived from the fruit of the tree *Myristica fragrans* of the family Myristicaceae. *Myristica fragrans* is, in fact, the only tree in the world that produces two separate spices. The fruit contains a hard pit, which is a nutmeg, while the lacy red membrane which surrounds it is called mace. Ceylon nutmeg, which contains an acute flavor of hazelnut, is widely used to sweeten dishes while Mace possesses an intense aroma and also tastes more pungent and spicier than Nutmeg. Mace is famously used in baking doughnuts. This can be used for various fall/winter bakings, cookings, and beverages.

Benefits

Nutmeg and mace have health benefits, including relieving pain, soothing indigestion, strengthening cognitive function, detoxifying the body, boosting skin health, alleviating oral conditions, reducing insomnia, increasing immune system function, and preventing leukemia.



Nutmeg whole



Nutmeg powder



Mace whole

Our range of spices products are available in bulk, where we offer customizable packaging sizes tailored to suit every customer's needs.