PRODUCT CATALOG 2026

Pure, Crunchy &

Saan Makhana

From Bihar's Ponds to Your Table

FSSAI Certified | 100% Natural | Roasted, Not Fried | No Preservatives | Made in India

₹7.5Cr	50+	11	5	3
TURNOVER	WOMEN EMPLOYED	UNIQUE PRODUCTS	PROCESSING UNITS	EXPORT MARKETS



Founder of

SAAN MAKHANA

From Mithila to the World

> *Turning Mithila's heritage into global wellness.*

Renu Mishra — Founder & CEO, Saan Food

Chartered Accountant turned entrepreneur · Bihar's makhana ambassador

OUR STORY

Rooted in Tradition, Roasted for Health

Founded on October 4, 2020 by CA Renu Mishra, Saan Food was born from a vision to transform Bihar's most treasured heritage crop into a globally recognised superfood. Sourced directly from the pristine ponds of Mithila — where 90% of the world's makhana is grown — every grain travels from pond to pack with zero compromise.

Starting with a ₹25 lakh PMEGP loan from her native village in Saharsa, Renu scaled Saan Food into a multi-crore enterprise in under 5 years — exporting to Australia, the UK and Japan, and employing 50+ local women across 5 processing units.

₹7.5Cr	50+	5
Annual Turnover	Women Employed	Processing Units

RECOGNITION & AWARDS

- Featured on DD Kisan's "Sach Ke Saath" national program
- Covered by DD Bihar News & Live Hindustan
- ZED Bronze MSME Award — Govt. of India
- Advocate for the National Makhana Board

Why Choose Makhana?

Ancient Indian superfood — backed by modern nutrition science

Health Benefits at a Glance

High Protein
9.7g protein per 100g — keeps you fuller for longer

Heart Healthy
Low sodium, cholesterol-free — good for your heart

Antioxidant Rich
Kaempferol & flavonoids for cell protection

Low Calorie
347–356 kcal/100g — guilt-free vs fried snacks

Gluten Free
Naturally gluten-free, great for sensitive diets

Nutrition Facts (per 100g — Raw Makhana, Approximate)

350	9.7g	76g	7–14g	0.1g	Ca·Mg·P
Calories (kcal)	Protein	Carbohydrates	Dietary Fibre	Fat (almost zero)	Key Minerals

The Suta Grading System — Size Matters

Makhana is graded by the "Suta" system — a traditional measure of puff size in millimetres. Higher Suta = bigger kernel, rarer harvest, more premium experience.

4 Suta
≈ 12–15 mm · Everyday Grade

Regular-size puffs, perfect for cooking — kheer, gravies, sabzi — and daily home snacking at an accessible price.

Best for Snacking

5 Suta
≈ 15–18 mm · Premium Grade

Larger, rounder puffs — the ideal balance of size and value for retail snacking packs and gifting.

6 Suta
≈ 18–21 mm · Jumbo Grade

Jumbo, visually impressive kernels preferred by luxury retail, exports and high-end gifting packs.

CHAPTER ONE

Raw Makhana

Our raw phool makhana is sourced directly from the ponds of Mithila, Bihar — hand-harvested, sun-dried, and sorted by grade. Four sizes. One promise: the freshest, crunchiest fox nuts you can find.

4 SKUs | 100g · 250g · 500g | Grade 4+ to 6 Suta | From ₹110 | Fasting Friendly | Cooking & Snacking



RAW MAKHANA

Premium Phool Makhana 100g

₹110 ~~₹249~~

100g | Grade 5 Suta | Gluten Free | No Preservatives | Vegan

> Compact premium pack of handpicked, larger-size phool makhana for health-conscious snackers. Light, crunchy and naturally low in fat — perfect for solo munching or on-the-go healthy snacking.

KEY BENEFITS

- ✓ High in plant protein & fibre — keeps you fuller for longer
- ✓ Naturally low in fat & calories vs any fried snack
- ✓ Rich in calcium, magnesium & phosphorus for bone health
- ✓ 5 Suta grade — bigger, crunchier puffs than standard makhana

BEST FOR
Portion-controlled daily snacking, office desk jars & tiffin boxes

ALSO TRY
Dry-roast with ghee & rock salt for a warm, crispy evening treat

Why choose this? *If you want to switch from oily namkeens to something light and guilt-free, this 100g pack is your perfect starting point — big, crunchy puffs with real nutrition in a travel-friendly size.*



RAW MAKHANA

Phool Makhana Standard 250g

₹260 ~~₹449~~

250g · Grade 4+ Suta · 100% Natural · Fasting Friendly · Cooking Grade

> Everyday Phool Makhana that balances value and quality — 4+ Suta grains ideal for home cooking and daily snacking. All the core nutrition of makhana at a pocket-friendly price.

KEY BENEFITS

- Full nutritional profile — protein, fibre & essential minerals
- Smaller puff size perfect for gravies, kheer & makhana powder
- Great stepping-stone from ordinary namkeen to a healthier staple
- Popularly consumed during Navratri, Ekadashi & other fasts

BEST FOR
Kheer, sabzi, bhuna makhana, laddoos & makhana powder mixes

STORAGE
Airtight container, cool & dry place · Shelf life: 12 months sealed

Why choose this? *For families who want the health of makhana in daily meals without paying a premium purely for size — the nutritional value stays identical, only the grain size and price change.*



RAW MAKHANA

Premium Phool Makhana 250g

₹315 ~~₹599~~

250g | Grade 5–6 Suta | High Protein | Plant Based | Gluten Free

> A family-size pack of premium-grade phool makhana, sorted for uniform size and minimal breakage. Dominantly 5 Suta with a good percentage of 6 Suta kernels — visibly bigger and fluffier than any standard market mix.

KEY BENEFITS

- Same high-protein, high-fibre, near zero-fat profile — family-sized
- 5–6 Suta grains for superior mouthfeel in kheer, sabzi & roasted snacks
- Low glycemic index — great choice for diabetics & weight watchers
- Better per-gram value than the 100g pack for regular home use

BEST FOR
Daily home snacking, kids' tiffin, makhana curry, kheer & chivda

PERFECT PAIRING
Dry-roast with ghee, black pepper & rock salt for an irresistible evening snack

Why choose this? *For households where makhana is a regular habit — whether for evening chai or cooking — this 250g Premium pack gives premium grain size with better per-gram pricing, making healthy eating sustainable every day.*



RAW MAKHANA

Premium Phool Makhana 500g

₹750 ~~₹1,199~~

500g Value Pack | Grade 6 Suta | Jumbo Grade | Export Quality

> Bulk pack of jumbo-grade phool makhana crafted for heavy users, caterers, cloud kitchens and serious snackers. 6 Suta-dominated grade — 18–21mm kernels, the same sizes preferred by luxury retail and export brands.

KEY BENEFITS

- Jumbo 6 Suta grade — maximum visual impact & crunch in every dish
- Economical for bulk roasting, festive gifting jars & large-batch cooking
- Best value per gram across our premium raw range
- Sealed for 12-month shelf life — consume within 3 months of opening

BEST FOR
Bulk roasting, festive gifting jars, hotel buffets & catering menus

B2B USE
Premium retail repackaging & private-label projects — contact us for rates

Why choose this? *If size and presentation matter — whether on retail shelves or buffet counters — this jumbo 500g pack gives you consistently large kernels that justify premium pricing and a superior consumer experience.*

CHAPTER TWO

Flavoured Makhana

All the health of makhana, amplified with bold flavours. Every variety is slow-roasted — never deep-fried — and made with natural spices, no palm oil and zero artificial preservatives.

7 Flavours | 50g · 100g · 250g | Roasted, Not Fried | From ₹110 | No Palm Oil | Natural Spices Only



FLAVOURED · ROASTED NOT FRIED

Makhana Magic Masala 250g

₹320 ~~₹579~~

250g | Medium-High Spice | No Maida | No Palm Oil | Gluten Free

> Chatpata, bold Indian masala flavour with chilli, black pepper, coriander, cumin and amchur — slow-roasted to a perfect crunch with just a touch of ghee. Roasted, not fried. Big flavour, light feel.

KEY BENEFITS

- Classic namkeen flavour without deep-frying or heavy oil
- Natural spice blend — chilli, cumin, coriander, amchur, herbs
- No maida, no palm oil, no artificial colours or flavours
- Medium-high spice — serious masala without extreme heat

PERFECT PAIRING

Evening chai, weekend binge-watching, sharing bowls at get-togethers

TASTE PROFILE

Spicy · Tangy · Chatpata · Bold — the full Indian masala experience

Why choose this? *For everyone who says "kuch chatpata chahiye" — Magic Masala Makhana delivers that classic namkeen hit without the heaviness of deep-fried snacks. Big flavour, light feel, guilt-free crunch.*



FLAVOURED · ROASTED NOT FRIED

Roasted Crunchy Makhana 100g

₹125 ~~₹249~~

100g | Mild Spice | Kid Friendly | High Protein | Vegan

> Simple, clean and lightly seasoned — the natural nuttiness of makhana with just a hint of rock salt and mild spices. Dry-roasted on a low flame till each puff becomes light and perfectly crisp. No heavy coatings, no artificial colours.

KEY BENEFITS

- ✓ Truly light — minimal oil, minimal seasoning, maximum crunch
- ✓ Mild, kid-friendly flavour — focus on crunch over strong masala
- ✓ Perfect as a salad topper, soup garnish or mindless-munching snack
- ✓ High protein, low calorie — ideal for calorie-conscious snackers

PERFECT PAIRING

Green tea, office coffee, soups, salads — anytime, all-day snacking

BEST FOR

Kids, elders, gym-goers and anyone switching from chips to a healthier crunch

Why choose this? *When you want a truly light snack that won't feel heavy or oily, Roasted Crunchy gives you pure crunch with minimal spice — the cleanest, most guilt-free way to snack.*



NUTTY POPS · ROASTED NOT FRIED

Peri Peri Nutty Pops 50g

₹110 ~~₹120~~

50g | High Spice | Peri Peri Blend | No Palm Oil

> Smoky, spicy peri peri with chilli, garlic, herbs and a touch of tang — an African-inspired flavour on an Indian superfood base. Roasted till crisp, coated in peri peri seasoning. Light but absolutely fiery.

KEY BENEFITS

- Bold peri peri spice blend — red chilli, garlic, herbs, lemony tang
- Roasted, not fried — stays light even with intense flavour
- Perfect single-serve 50g portion for on-the-go snacking
- No palm oil, no artificial colours — natural flavours only

PERFECT PAIRING

Movie nights, parties, evening drinks — wherever spicy bar-snacks belong

TASTE PROFILE

Smoky · Fiery · Tangy · Bold — medium-high heat, high on flavour

Why choose this? *Nutty Pops Peri Peri turns makhana into a bold, modern bar-snack — fiery and fun, yet still way lighter than any fried alternative. Made for genuine spice-lovers.*



NUTTY POPS · ROASTED NOT FRIED

Pudina Masala Nutty Pops 50g

₹110 ~~₹120~~

50g | Medium Spice | Gluten Free | No Palm Oil

> Refreshing pudina (mint) with a cooling, herby note balanced by gentle chaat-style spice and tang. Makhana roasted crunchy, then tossed with dry mint powder, chaat masala and cumin in a little ghee. Strong aroma, balanced taste.

KEY BENEFITS

- ✓ Refreshing mint-chaat flavour — not heavy on the stomach
- ✓ Dry mint powder, chaat masala, cumin — no palm oil
- ✓ Medium spice — strong mint aroma without aggressive heat
- ✓ Single-serve 50g pack — ideal for travel and office snacking

PERFECT PAIRING
Post-meal light snack, travel pouches & late-evening munching

TASTE PROFILE
Minty · Tangy · Herby · Refreshing — chaat-style balanced spice

Why choose this? *If you love pudina chips but want something lighter on the stomach, Pudina Masala Nutty Pops delivers that same refreshing taste on a roasted, low-oil makhana base.*



NUTTY POPS · ROASTED NOT FRIED

Cheese Balls Nutty Pops 50g

₹110 ~~₹120~~

50g | Cheesy & Savoury | Kid Approved | No Preservatives

> Rich, cheesy and savoury — the airy crunch of makhana meets everyone's favourite cheese-ball flavour. Roasted makhana coated with real cheese powder and mild spices. Indulgent taste without deep-frying.

KEY BENEFITS

- ✓ Cheesy fun without fried corn puffs — lighter, more nutritious
- ✓ Real cheese powder & milk solids — medium-high cheese flavour
- ✓ Low-medium spice — designed to be genuinely kid-approved
- ✓ No artificial preservatives in any Saan Nutty Pops product

PERFECT PAIRING
Tiffin boxes, kids' snack time, movie nights & party bowls

TASTE PROFILE
Cheesy · Savoury · Lightly Spiced — the familiar cheese ball flavour, healthier

Why choose this? *Cheese Balls Nutty Pops give you all the fun and indulgence of cheesy snacks with the lighter feel of roasted makhana — not fried corn puffs. A snack kids love that parents can feel good about.*



NUTTY POPS · ROASTED NOT FRIED

Tasty Tomato Nutty Pops 50g

₹110 ~~₹120~~

50g | Medium Spice | Vegan | No Palm Oil

> Classic tangy-tomato taste — sweet, tangy and slightly spicy with tomato powder, chilli and chaat masala notes. Makhana roasted crisp, then dusted warm so the flavour sticks without heavy oil. The perfect chips replacement.

KEY BENEFITS

- ✓ Familiar tomato-chip flavour — with much less fat than fried wafers
- ✓ Tomato powder, mild chilli, chaat masala — no artificial colours
- ✓ Medium flavour intensity — pronounced tang with gentle heat
- ✓ Vegan, no palm oil, no preservatives

PERFECT PAIRING
School tiffins, after-school snacking & casual snacking for teens & adults

TASTE PROFILE
Sweet-Tangy · Slightly Spicy · Chatpata — the beloved tomato-chip taste

Why choose this? *For those who live on tomato chips, Tasty Tomato Nutty Pops offers the same familiar flavour on a roasted makhana base — with significantly less fat than fried wafers.*



NUTTY POPS · ROASTED NOT FRIED

Cream & Onion Nutty Pops 50g

₹110 ~~₹120~~

50g | Low Spice | Creamy & Savoury | No Trans Fat

> Smooth, creamy and savoury with subtle onion and herb notes — similar to international cream & onion chips, but lighter. Roasted makhana tossed in a creamy onion-herb seasoning. Rich flavour without deep-frying.

KEY BENEFITS

- ✓ Premium, international-style flavour — subtle & classy, not masaledar
- ✓ Dairy solids, onion powder, mild herbs — no trans fat, no palm oil
- ✓ Low spice — more creamy and savoury than spicy
- ✓ Ideal for those who prefer flavourful but gentle snacks

PERFECT PAIRING
Chilled beverages, house parties & office snack breaks

TASTE PROFILE
Creamy · Savoury · Oniony · Mellow — the refined snacker's pick

Why choose this? *Cream & Onion Nutty Pops is for people who want a premium, international flavour profile on a homegrown superfood — subtle, highly snackable and still far lighter than any fried chip.*

CRAFTSMANSHIP

From Pond to Premium Pack

5-Ton Daily Production Capacity · FSSAI-Verified Per Unit

Step 01

Hand-Sorting & Grading

Sourced from Mithila ponds. Graded by the traditional Suta method — only Grade 5–6 advances to premium packs.

1

Step 02

Precision Roasting

Small-batch temperature control extracts moisture and achieves signature crunch while fully preserving the nutritional core.

2

Step 03

Flavour Coating

Gently tumbled with proprietary blends of natural spices in specialized pans. Zero artificial additives — ever.

3

Step 04

Automated Packaging

High-barrier premium materials lock in freshness, crunch and aroma for an extended 12-month shelf life.

4

GLOBAL COMPLIANCE

Uncompromising Standards

🛡️

FSSAI

License 12721055000006
Valid to 2029

🏅

ISO 22000:2018

Food Safety Management System · IA22SAF244

🌐

IEC Certified

Fully authorised for global export · AHTPG8774H

🌿

ZED Bronze MSME

Govt. of India
Sustainability Certification

📋

GST Compliant

Dual registration in Noida and Bihar

🏢

Udyam Registered

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Whether you're stocking up for home, placing a bulk order for your business, or looking to launch your own makhana brand — we're here to help within 24 hours.

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