



Jaggery is also known in different parts of the world as gur (India), raspadura (Brazil), panela (Colombia). It has been used as a sweetener in Ayurvedic Medicine for 3000 years.

Jaggery is a wholly unrefined natural sugar that is produced without use of chemicals and is nutritionally comparable with honey, with no chemical additives. Sugar cane is crushed to remove the juice. It is then heated to remove excess water and then allowed to cool and dry. The mineral content of jaggery is much higher than that of white sugars, containing calcium, phosphorus, magnesium, potassium and iron and traces of zinc and copper. It is also a source of folic acid, proteins and B-complex vitamins. It has been shown to prevent tooth decay, is a good source of energy, prevents rickets, thrush, nutritious anaemia and constipation in infants. In arid areas of Kenya many people who cannot afford more than one meal a day eat a few grammes of jaggery to give themselves an energy boost during the day. It is also reported to be beneficial for the healing of wounds internally and externally.

Jaggery on porridge or plain yoghurt brings a new taste to your table.

Our jaggery is produced in 500 gm. and 1 kg. cones and also as a powder in 500 gm. packets.

[SWAHILI PROVERBS](#) - For translation of proverbs in the Jaggery Cookboo

[Jaggery Cook Book](#)

[Jaggery Distributors List](#)