

BLUE MARA

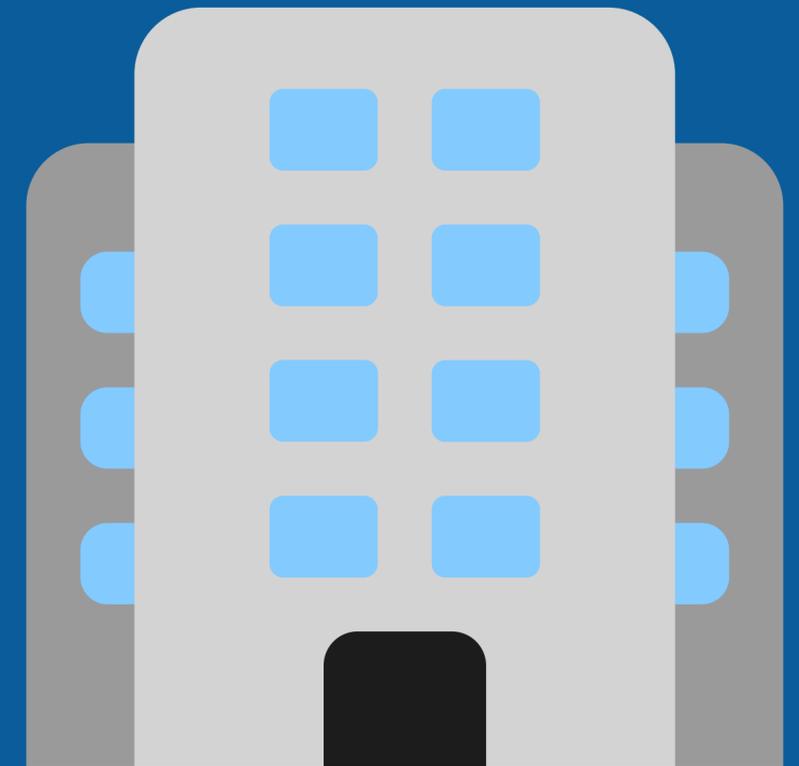
OVERSEAS

www.bluemaraoverseas.com

About us

Blue Mara Overseas is an emerging export company with a strong foundation built on trust, commitment, and long-term partnerships.

We are dedicated to delivering excellence in both products and services.

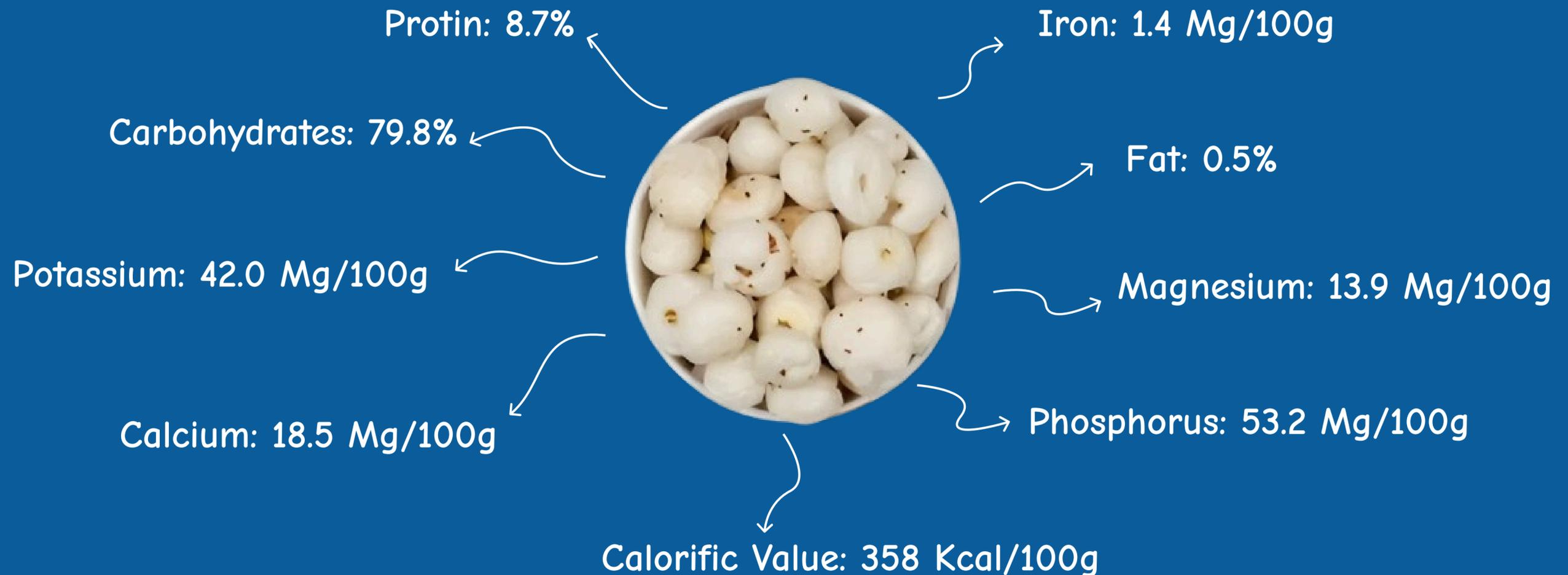


Our Ingredients



Pokhariya Makhana — Sourced directly from the Mithilanchal region, Pokhariya Makhana has earned GI (Geographical Indicator) tag and is known for its superior texture, high nutritional value, and delicate crunch. Grown with traditional farming methods and harvested with care, it's the heart of everything we create at our export house.

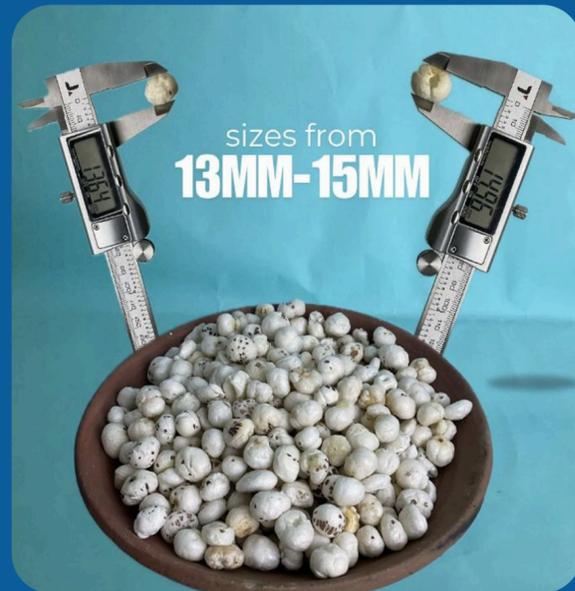
Nutritional value



Makhana Has Become A Favored Snack For Heart Health, Diabetes, Weight Control, And Skin Care

Source: PMFME-MOFPI, ICAR-RCER, Imarc

Our Products



4+ SUTTA

Size: ~13–15 mm

Local Name: Chhoti Dana or Olwa

Common Uses: Roasting with spices

Texture: Slight goldenish, extra crispy, denser, with less internal air fluff



5+ SUTTA

Size: ~15–18 mm

Local Name: Medi Dana or Medi Sutta

Common Uses:

- Roasting with spices (flavored snacks)
- More budget friendly option as compared to 6 sutta

Texture: Preferred for its balance between size and taste



6+ SUTTA

Size: ~18–22 mm

Local Name: Rasgulla

Common Uses: High-end retail snack packs

Texture: Fluffier, less dense, and includes 5–10% Chipta, Sikka & Mukhulla. No good piece wasted

* In the local grading system, "Sutta" refers to the screen size (in mesh or mm) used to sort makhana based on diameter. A higher "sutta" means a larger kernel



Contact details



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