



Obiji Foods Product  
**CATALOGUE**  
[www.obijifoods.com](http://www.obijifoods.com)



## OBIJI RED PALM OIL

OBIJI RED PALM OIL, is an all-natural product made from perfectly ripe oil palm fruits. It is organic, sustainably sourced, ecofriendly and has no coloring and additives. Obiji palm oil is bottled in a clear bottle and not in a tinted bottle to allow consumers see the purity and separation of the palm oil. Palm Oil is used to prepare different kinds of soups (Egusi, Oha, okro soup etc) and other dishes. Health benefits of palm oil include:

- Promotes brain health
- Promotes heart health
- Aids vitamin absorption
- Promotes skin quality



## OBIJI BLEACHED PALM OIL

OBIJI BLEACHED PALM OIL is made by heating red palm oil until the red coloring disappears. This is made from all natural red palm oil. It is a master of different African gourmet sauces such as Ofada Sauce, Ayamase Sauce, Bukka Stew etc. It can also serve as a substitute for vegetable oil. It carries the same amazing attributes as the Red palm oil.



## DRIED UKAZI LEAVES

DRIED UKAZI LEAVES is a greenish vegetable used in preparing Afang/Ukazi soup. OBIJI DRIED UKAZI LEAVES were carefully sourced, sun dried and not machine dried. This ensures they stay green after drying and prevents the heat from killing their nutrients. Some health benefits associated with Ukazi leaves are:

- It promotes a healthy heart
- It improves healthy bones
- Treats skin diseases
- It controls excess urination



## DRIED BITTER LEAVES

DRIED BITTER LEAF is vegetable used for preparing the popular bitter leaf soup. It is also known as Onugbu, Shiwaka & Ewuro by the Igbos, Hausas & Yorubas in Nigeria. OBIJI DRIED BITTER LEAVES are carefully sourced from the eastern part of Nigeria they are sun dried and not machine dried. This ensures they retain their color after drying and prevents the heat from killing their nutrients. Some health benefits associated with bitter leaves are:

- It reduces fever
- It lowers hypertension
- It treats appendicitis
- It prevents gallstones



## DRIED UTASI LEAVES

DRIED UTASI LEAVES or AROKEKE a climbing shrub with broad, heart-shaped leaves which is characterized with being sharp, bitter and slightly sweet, mainly used as vegetable for preparing local soups and it is also popular for its medicinal attributes. At OBIJI FOODS we pride ourselves with the fact that we sun dry and not machine dry this product, which ensures they stay green after drying and prevents the heat from dampening their nutrients before packaging. Some health benefits associated with UTASI Leaves are :

- It has anti-inflammatory properties
- It improves digestion
- It serves as treatment for cough & malaria
- Promotes skin quality



## DRIED UZIZA LEAVES

DRIED UZIZA LEAVES is known for its distinct aroma in foods with a pale green color. This vegetable is sun dried and not machine dried which ensures they stay green after drying and prevents the heat from killing their nutrients. Some health benefits associated with UZIZA LEAVES are :

- It improves fertility
- It reduces stomach pains



## DRIED ZOBO LEAVES

DRIED ZOBO LEAVES, also known as Hibiscus Flower is a very popular drink which is ruby red in color. Besides from being the perfect drink for any hot day, Zobo is a highly nutritious drink with tremendous benefits for the body. OBIJI carries dried Zobo leaves as pure as it is without any additive. Some Health benefits associated with Zobo leaves are:

- It manages high blood pressure
- It lowers cholesterol
- It protects the liver
- It has anti-inflammatory & anti-bacterial agents



## DRIED OHA LEAVES

DRIED OHA LEAVES, (*Pterocarpus mildbraedii*) is a popular vegetable native to the Igbos in Nigeria. "Oha" or "Ora" is the Igbo name while the English name is the African Rosewood plant. The leaves of this plant are medicinal and are most commonly used to make Oha soup. Obiji ensures that this vegetable is sundried, which allows it to stay green & maintain its nutrients after drying. Some health benefits associated with Oha leaves are :

- It helps treat anemia
- It improves brain & heart functions
- It manages blood pressure
- It Improves eye health



## DRIED SCENT LEAVES

DRIED SCENT LEAVES, is an aromatic herb that is native to West Africa. The flowers and the leaves of this plant are rich in essential oils which adds fragrance & flavor to soups, salads, and other local dishes. OBIJI DRIED SCENT LEAVES are freshly plucked and dried in the sun and not an external source of heat this makes sure the flavor is still intact after the processing is done. Some health benefits associated with SCENT LEAVES are:

- It fights fungal & bacterial infections
- It fights diabetes
- It improves digestion
- It supports hair growth



## DRIED UGU LEAVES

DRIED UGU LEAVES, Otherwise known as FLUTED PUMPKIN LEAVES is native to West Africa and are mostly common in the southern part of Nigeria. It contains lots of minerals & vitamins which is why it is mostly used for medicinal purposes. Obiji ensures that this vegetables is sun dried and not machine dried. That way it stays green after drying and prevents the heat from dampening its nutrients. Some health benefits associated with Ugu Leaves are:

- It treats anemia
- It prevents osteoporosis
- It boosts male fertility



## EHURU

EHURU, also known as African nutmeg, is a seed used as a spice for its fragrant/aromatic properties. Obiji Foods carries both the whole seeds and it's ground form. Some health benefits associated with EHURU are:

- Improves appetite
- Increases libido
- It helps in burning fat



## BANGA SPICE

OBIJI BANGA SPICE is used to prepare the well known Banga soup. Our Banga spice contains Orima, Okpei, Omimo, Ehuru, Gbafu, Efu, control onions & scent leaf, all of which are put together to give your banga soup the ethnic taste that you desire.



## DAWA DAWA

DAWA DAWA is a flavoring made of fermented locust beans. The process and products are similar to IRU/O-GIRI, but comes in a dry form. It is very popular among the Yoruba & Igbo people of Nigeria. Some health benefits associated with DAWA DAWA are:

- It improves digestion
- It prevents constipation
- It serves as a protein supplement



## FRIED/JOLLOF RICE SPICE

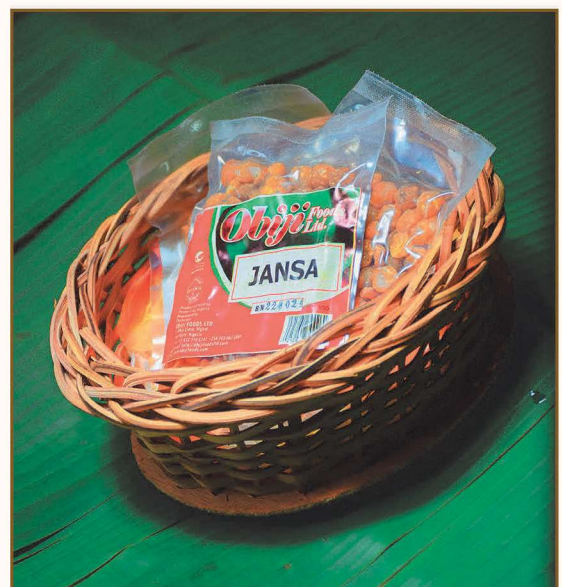
OBIJI FRIED RICE SPICE and JOLLOF RICE SPICE is a mixture of ethnic spices which gives fried or jollof rice a Nigerian style flavor. It is all natural without additives and very concentrated, ensuring consumers use only small quantities to achieve their desired taste.



## JANSA

JANSA seed also known as Akpi is a round yellow-brown seed produced by Jansang tree, which grows mainly in West Africa. Jansa seeds are used to prepare traditional seasoning, or used for cosmetic & medicinal purposes. The obtained seasoning from the seed is mainly used to season and thicken sauces, soups and fish broth. Some health benefits associated with JANSA SEEDS are:

- It serves as a poison antidote
- It boosts female fertility
- It serves as an analgesic
- It treats anemia



## IRU- LOCUST BEANS

IRU, As the Yorubas call is a type of fermented and processed locust beans which is similar to OGIRI. It has an incredible and complex flavor and it is very popular among the Yoruba and Edo people of Nigeria. Some health benefits associated with IRU are :

- It promotes good sight
- It drives away hypertension
- It controls blood sugar
- It enhances weight loss



## PEPPER SOUP SPICE

OBIJI PEPPERSOUP SPICE is a made from by combining all the necessary spices needed to make peppersoup. It is made with Ehuru, Uda, Jansa, and Uziza. Our pepper soup spice is very concentrated, requiring very little quantity to get a desired taste. There are no bulking agents and the constituting spices are in adequate proportions.



## OGIRI

OGIRI is a flavoring made from castor seeds. The process and products are similar to IRU. It is very popular among the Igbos of Nigeria. Some health benefits associated with OGIRI are :

- It improves digestion
- It prevents constipation
- It serves as a protein supplement



## UDA

UDA seed or Negro pepper is an aromatic spice commonly used in flavoring foods. It has a smoky aroma and the pods are about two inches in length. This seed is usually the main ingredients for making peppersoup. Some health benefits associated with UDA are:

- It fights infections
- It treats malaria
- It treats skin problems
- It treats rheumatism
- It aids recovery of women after child birth



## OGIRI OKPEI

OGIRI OKPEI is a flavoring made of fermented castor seeds. The process and products are similar to OGIRI but the final product is dry. It is very popular among the Igbo people of Nigeria. Some health benefits associated with OGIRI OKPEI are :

- It improves digestion
- It prevents constipation
- It serves as a protein supplement



## SUYA SPICE

OBIJI SUYA SPICE is mainly used for seasoning grilled spicy meat commonly known as suya. It contains Ginger, Groundnut cake, Red hot pepper, Garlic and salt. With OBIJI SUYA Spice, you do not need to add any other spice while preparing suya.





## CAMEROON PEPPER/ RED PEPPER

OBIJI CAMEROON & RED PEPPER are two distinct products. The red pepper is sourced from Northern Nigeria; a specie popularly called "Tatashe". It is cleaned and crushed, but not very fine. Our Cameroon Pepper is made from a black pepper specie sourced from Cameroon. Of the both products, the Cameroon pepper is hotter and adds flavor while cooking.



## BEANS FLOUR

OBIJI BEANS FLOUR is made from brown beans. It has no additives or bulking agents. Beans Flour is used to make ethnic delicacies such as Moin Moin and Akara. It is rich in protein.



## CASSAVA FLOUR

Cassava flour is a good substitute for wheat flour in a variety of recipes. Cassava flour comes from the cassava tuber. It is rich in carbohydrates and is used to make fufu combined to eat with various soups. Obiji controls the entire manufacturing process by cultivating the cassava, harvesting, processing, crushing to flour and packaging. Some Health benefits associated with Cassava flours are:

- Insulin sensitivity
- Weight loss
- Digestive and colon health



## WHITE & YELLOW GARRI

Garri is the granular flour obtained by processing the starchy tuberous roots of freshly harvested cassava. Our Garri is fully fermented and sieved resulting in fine grains. We control the entire manufacturing process from cultivating the cassava, harvesting, processing, frying and packaging ensuring our final products maintain their nutritional contents such as fiber, copper and magnesium.



## OKPA FLOUR

OKPA FLOUR is highly nutritious and used to make a steamed meal locally known as 'Okpa'. It is made from Bambara beans and has no additives. Okpa is a full meal on its own and can be eaten with Pap or stew. Some health benefits associated with OKPA FLOUR are:

- It improves bone health
- it helps prevent malnutrition
- It prevents insomnia
- It boosts the immune system



## TIGER NUTS

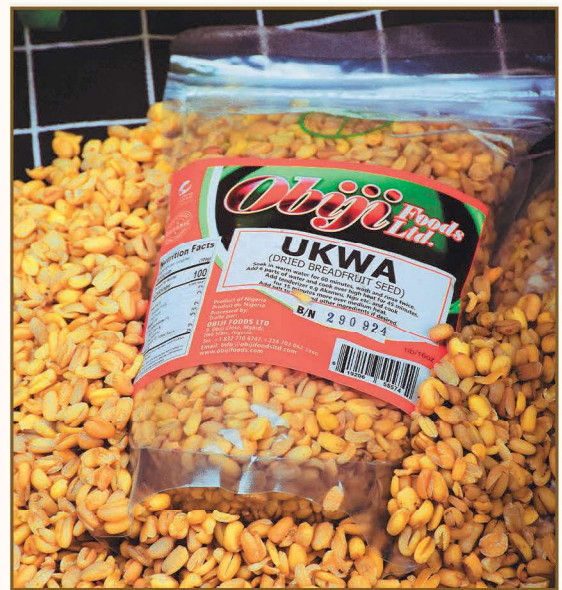
Tiger Nut also known as Yellow Nutsedge is a coconut-flavored tuber which is known to be a healthy snack. Some health benefits associated with Tiger Nuts are:

- It improves digestion
- It reduces blood sugar
- It boosts your immune system and helps fight infections
- It improves heart health
- It improves libido



## UKWA

UKWA also known as Breadfruit is seed from the fruit of the Treculia Africana tree. Breadfruit can be roasted and eaten as a healthy gluten free nut snacks alone. Our ukwa seeds are handpicked and sun dried, this ensures it maintains its rich color, scent and nutrients. It's high nutrient content makes it a nutrient rich food for everyone especially diabetics.



## KULI -KULI

KULI-KULI is a popular Nigerian snack made from groundnut cake, ginger, pepper and salt. Our product is crunchy and very spicy. It makes for a tasty and healthy snack.



## PEELED HONEY BEANS

Peeled honeybeans (oloyin beans) is obtained by removing the skin of Honey beans. Obiji makes it's product by handpicking the beans for impurities, soaking the beans and its skin gently removed by hand. This ensures the grains are not broken during processing. It is then sun dried to ensure it maintains its nutrients. Peeled Honeybeans can be used in making popular meals such as Moin moin and Akara. The sweetness of the honey beans gives these meals a distinct sweeter taste. Obiji Peeled Honeybeans is a good source of fiber and is rich in protein.



## FIO FIO (Pigeon Pea)

FIO-FIO also known as Pigeon peas is a legume enjoyed around Africa. It has a sweet, mildly nutty and earthy flavor. It is delicious, hearty and very filling, which can serve as a good vegetarian dish, and for weight watchers. Obiji Fio-Fio seeds are carefully handpicked for impurities before packaging. Some health benefits associated with FIO-FIO are:

- Diabetes management
- Promotes weight loss
- Boosts growth and energy



## AKIDI (Cowpeas)

Akidi also known as Cowpeas, is a type of black beans. It is relished as a native delicacy in the South Eastern part of Nigeria. Obiji Akidi seeds are handpicked and packaged to maintain its nutrients and vitamins such as B2, C & A. Some health benefits associated with Akidi are:

- Diabetes management
- Promotes weight loss
- Boosts growth and energy



## ACHICHA EDE (Dried Cocoyam flakes)

Achicha Ede is dried cocoyam flakes. It is an important ingredient when making ethnic delicacies including Fio Fio and Akidi. Some health benefits associated with Achicha Ede are:

- It is beneficial during pregnancy
- It is good for diabetic patients
- It enhances vision



# ACHI

ACHI serves as an emulsifier and thickener for traditional soups in Nigeria. It is a flat brown seed, which is crushed into a powdered form. Our Achi is processed from scratch, the seeds undergo proper cleaning, drying before grinding and packaging. Some health benefits associated with ACHI are:

- Boosts the immune system
- Wound healing abilities
- Antibacterial properties
- It may prevent cancer



# AKANWU

AKANWU which is also known as Potash is an oil thickener used in preparing many Nigerian dishes, like abacha, ugba and nkwobi. Akanwu is a type of lake salt (sodium carbonate) that is dry and hydrated. It is an alkaline salt that is a mixture of different minerals. Some health benefits include:

- Toothache relief
- Cough treatment
- Constipation relief



# GROUND EGUSI

OBIJI Ground EGUSI is carefully sourced from the eastern part of Nigeria. The seeds are handpicked for impurities, painstakingly peeled by hand before it is ground. We process it by hands and not by machine to ensure a perfect home-style product, free of impurities. Some health benefits associated with EGUSI are:

- It helps fight cancer
- It contains anti-arthritic properties
- Dermatological purposes
- It aids digestion and boosts appetite



# COCOYAM FLOUR

OBIJI Cocoyam Flour can be used as a thickener amongst other things. We process this product by drying and crushing peeled cocoyam tubers. Some health benefits associated with Cocoyam Flour are:

- Reduces muscle cramps
- Reduces fatigue
- Improves heart health
- Helps control blood sugar



# OFFOR

OFFOR is an excellent soup thickener that also adds an iconic flavor to local soups. It is also a good source of Folic Acid, Vitamins C&B



# WHOLE/GROUND OGBONO

Our OGBONO are cleaned and hand picked for impurities. It can be in a whole or powdered form, when ground the powder is used as a soup thickener which has a characteristic aroma. It is rich in fats, protein, carbs, vitamins, minerals and antioxidants.



## PALM ASH

Palm Ash also called Ngu is a substitute for Akanwu. It is used as a palm oil thickener when making dishes like nkwobi, isiewu, abacha etc. It is made from palm fruit stalks. It is considered a healthier substitute to Akanwu.



## GROUND CRAYFISH

Our Ground Crayfish is painstakingly hand picked for impurities and crushed to increase its shelf life. Obiji Crayfish is sourced from the oceans surrounding the Southern eastern parts of Nigeria. Crayfish is rich in vitamin B, copper, selenium, protein, iron, zinc, and amino acids. Some health benefits include:

- Promotes weight loss
- Improves bone strength
- Improves brain development
- Promotes skin health
- Fights depression



## ABACHA

ABACHA also know as African Salad is native to the Igbo people. Our Abacha stands out because they are handpicked for impurities and have long strands. Some health benefits associated with ABACHA are:

- It improves bone strength
- It contains good amount of fiber
- It aids blood circulation
- It treats obesity



# UGBA

UGBA is known as sliced oil bean. It is used to make a traditional Igbo meal prepared the same way as Abacha using palm oil and other ingredients. Our Ugba is packaged fresh and not dried. Some health benefits associated with UGBA are :

- Lowers cholesterol levels
- Reduces the risk of cancer
- Reduces the risk of cataract
- A remedy for skin-related diseases



# SMOKED FISH/PANLA FISH

Our Smoked Fish products are processed within our facilities. All fish are sourced locally, eviscerated, washed and slowly smoked over firewood over a period of days. This gives our smoked fish a unique smokey flavor that is enjoyed in meals. Both products are packaged in sealed packaging to maintain their freshness.

- Promotes weight loss
- Improves bone strength
- Improves brain development
- Promotes skin health
- Fights depression



All our packaging are clear and not colored to allow consumers visually inspect the products before consumption. That is the confidence we have in the quality our products



✉ [info@obijifoodsltd.com](mailto:info@obijifoodsltd.com)

🌐 [www.obijifoods.com](http://www.obijifoods.com)

