



Premium Natural Foods

A thoughtfully selected range of dates, nuts and wholesome foods, chosen for their distinctive flavor and quality.

Medjool: The King of Dates



Known for its generous size, soft texture and caramel-like sweetness, Medjool is one of the world's most recognized premium date varieties.

Long associated with North Africa and the Middle East, Medjool dates are now cultivated in selected warm, dry regions. Their naturally rich character makes them ideal for premium snacking, gifting and culinary use.

4–5 cm

typical length

Soft

fleshy & juicy

Rich

honey & caramel
notes

What Makes Medjool Premium

01 Distinctive flavor

Balanced sweetness with a soft, succulent bite.

02 Impressive appearance

Large fruit, deep color and a naturally polished surface.

03 Careful cultivation

Climate, orchard care and harvesting all demand precision.

04 Selective supply

Ideal growing conditions exist in a limited number of regions.

05 Natural nourishment

A source of fiber and essential minerals within a balanced diet.

Premium quality is the result of nature, patience and careful handling.

Mazafati: Soft & Syrupy



A naturally moist date with a tender texture, deep color and rich, syrupy sweetness.

- Oval shape and very soft texture
- 12-22 g typical fruit weight
- Approximately 3-4.5 cm long
- High flesh-to-pit ratio
- Ideal for eating fresh

Nutritional snapshot

per 100 g

Calories	303.26 kcal
Carbohydrates	70.7 g
Protein	1.68 g
Fiber	1.29 g
Sugar	66.52 g
Iron	0.6 mg
Potassium	1.35 g

Zahedi: Light & Versatile

Everyday versatility, naturally

Zahedi dates are oval, with a gently pointed end. Their color changes from yellow when unripe to a warm light brown at full maturity.

- Mild, balanced sweetness
- Semi-dry texture
- Moisture typically below 15%
- Naturally rich in dietary fiber
- Convenient room-temperature storage



Best suited for

Snacking • Pantry staples • Everyday recipes

Piarom: Refined & Semi-Dry



Dark brown, thin-skinned and naturally elegant, Piarom dates offer a fleshy, non-sticky bite with a mild caramel finish.

CHARACTER

Meaty
Semi-dry
Long-lasting

PROFILE

Mild sweetness
Caramel notes
Clean finish

OCCASION

Premium gifting
Cheese boards
Special occasions

Find the Right Date

Each variety offers a distinct combination of texture, sweetness and ideal use.

VARIETY	TEXTURE	SWEETNESS	BEST FOR
Medjool	Soft & juicy	Rich	Premium snacking
Mazafati	Very soft	Deep	Fresh enjoyment
Zahedi	Semi-dry	Mild	Everyday versatility
Piarom	Meaty, semi-dry	Balanced	Gifting & cheese boards

Tip Choose by texture first—it is often the best guide to what you will enjoy

Naturally Sweet Date Milk



Simple ingredients

8–10 dates

2 cups milk

½ tsp vanilla

Method

- Pit the dates and add them to the milk.
- Leave to soak for 30 minutes, then add the vanilla and blend until smooth.
- Serve chilled and garnish as desired.

A creamy, naturally sweet drink for breakfast, entertaining or an afternoon treat.

MORE FROM BARLI

Beyond Dates

Thoughtfully selected ingredients and date-based products for retail, food service and production.

01 Almond-Stuffed Dates

02 Chocolate-Covered Almond-Stuffed Dates

03 Pure Date Paste

04 Pure Date Syrup

05 Iranian Pistachios

06 Iranian Dried Figs

Almond-Stuffed Dates



Premium dates and whole almonds come together in a naturally sweet, satisfying bite.

THE EXPERIENCE

Soft date flesh
Crisp almond center
Balanced sweetness

WHY IT WORKS

Simple ingredients
Contrasting textures
Effortless snacking

IDEAL FOR

Gifting
Hospitality
Everyday enjoyment

Dates provide natural sweetness, while almonds add a satisfying crunch.

Chocolate Almond Dates



A carefully selected date, a whole almond and a refined dark chocolate coating – each layer matters.

01

The date

Fresh, soft and naturally well-shaped.

02

The almond

Crisp, clean-tasting and carefully selected.

03

The chocolate

Aromatic, smooth and balanced in sweetness.

A refined treat with depth, crunch and a balanced dark-chocolate finish.

Pure Date Paste



Made from selected Iranian dates for a smooth, consistent texture and dependable performance.

PRODUCT PROFILE

- Pure date-based ingredient
- Uniform, workable consistency
- Naturally deep fruit sweetness
- Produced under controlled hygiene standards

APPLICATIONS

- Cakes, cookies and pastries
- Confectionery and chocolate
- Energy bars and fillings
- Industrial food production

Available for retail, food service and export enquiries.

Pure Date Syrup



A deep, rounded sweetness that brings date character to drinks, desserts and savory recipes.

USE IT TO

Sweeten	coffee, smoothies and breakfast bowls
Finish	desserts, fruit and ice cream
Blend	sauces, dressings and marinades
Bake	cookies, cakes and traditional sweets

An adaptable ingredient for home kitchens and professional production.

Iranian Pistachios



A treasured West Asian ingredient, prized for its distinctive color, delicate crunch and culinary versatility.

IN-SHELL

Natural presentation
Satisfying snack ritual
Ideal for sharing

KERNELS

Vibrant green character
Ready for recipes
Perfect for finishing

For snacking, bakery, confectionery, desserts and premium gifting.

Iranian Dried Figs



An ancient fruit transformed by careful drying into a concentrated, softly chewy delicacy.

CHARACTER

Pale golden color
Fine natural bloom
Dense seeded center

ENJOY

As a snack
With cheese & nuts
In bakery recipes

FORMAT

Whole fruit
Natural variation
Export enquiries

Simple, versatile and unmistakably rich in fruit character.



Naturally distinctive.

Premium foods selected for flavor, quality and
memorable everyday moments.

CONTACT

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