

Fit & Flex Granola

Fit & Flex granola is not just crunchy and tasty, it is also incredibly great for you. It is the perfect start to your every morning and packs quite a nutritious punch. Easy to chew, amazingly high on flavour and delightfully caramelised just right, is how we describe Fit & Flex granola.

How We Make Fit & Flex Granola

Fit & Flex granola is slow-baked at high temperatures and not dried, unlike conventionally made granola. This ensures perfect clusters of great-tasting cereal that leaves no dust at the bottom of your granola bag.

Granola comprises of oats that are coated with oil and sugar, in both the baking and drying processes. In the drying process however, much of the starch from the oats remains raw since this process does not allow time for the granola to be cooked thoroughly. Baking on the other hand, ensures the oats are completely cooked, are softer in texture and perfectly caramelised, to enhance flavours. The result, baked granola is more consistent in quality and taste than its dried alternative.

Baked in state-of-the-art European equipment, Fit & Flex granola tastes much better, looks appetising and has a wonderful texture, easily making it a winner in the minds of consumers.

More for Later

Look out for our future range of Fit & Flex products - cereals, bars, snacks and much more.

FIT & FlexTM
EAT HEALTHY, LIVE WELL

📍 **Niva Nutrifoods LLP**

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A CULTURE OF HEALTHY EATING HABITS

A BRIEF INTRODUCTION

Eat Healthy, Live Well

We make sure we energise
your day, all day long!



Fit & Flex by Niva Nutrifooods LLP is a new-age brand that presents consumers with healthy eating options. We don't just ensure that you get your daily fix of nourishment, we also make sure that you relish every bite you take!

Our products are wholesome and delicious and are made from the finest quality ingredients that we source.

More importantly, we give you the power to make mindful choices, despite your eventful and demanding lives. Fit & Flex helps you make that much-needed lifestyle shift, from binge-eating to healthy eating!

At Niva Nutrifooods LLP, we are on an on-going mission to inculcate a culture of healthy eating habits. We try to do our bit, to help you get closer to your health goals conveniently, so that you can begin living a healthy lifestyle. And, it all begins with our products! How, you ask? Because, we are sticklers for quality and perfection! We ensure that every product that is trucked out of our factory also reflects our high-quality standards. So, every time you take a bite of that delicious Fit & Flex granola, be rest assured you have a responsible and wholesome friend in us!



BOOSTS
IMMUNITY



RICH IN
VITAMINS



HIGH
ENERGY



KEEPS HEART
HEALTHY

Who We Are

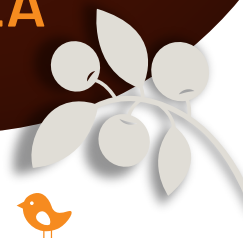
We are a group of passionate individuals who are committed to the cause of eating right and living well. But, long before we were even driven by an inherent need to help people make healthy lifestyle choices, we were a team of dynamic entrepreneurs! Over the years, we have built a great deal of trust and credibility for ourselves, across diverse sectors such as farming, cotton industry, chemicals industry and real estate.

We exercise some of the best industrial practices there are, in order to achieve and ensure consistency along with excellence.



25g, 275g & 450g

FIT & FLEX GRANOLA



HAPPY BERRIES



Refreshingly fruity and packed with the goodness of multigrain granola, Happy Berries is a truly happy start to your mornings!

MANGO COCONUT



A delightful, tropical melange of luscious mango, tender coconut and multigrain granola that keeps you going, all day long!



25g, 275g & 450g



25g, 275g & 450g

MIXED FRUIT



High on fibre, low on fat and deliciously crunchy, Mix Fruit is fruitaliciously wonderful and packs quite a super punch!