



catalogue

www.healthyplanet.sk



HEALTHY PLANET s.r.o. was established in 2010 and since then has been focused on healthy food. We were the first company in Slovakia and in the Czech Republic to import chia seeds (*salvia hispanica*) from South America – this was the beginning of education about superfoods. We were also among the first in Slovakia to introduce **LYOPHILIZATION** of fruits and vegetables as the most gentle method of drying while maintaining the nutritional values of the original values.

OUR REFERENCES:

Centra

Dr.Max⁺

TESCO

amazon

NITRAZDROJ
Sme k vám bližšie

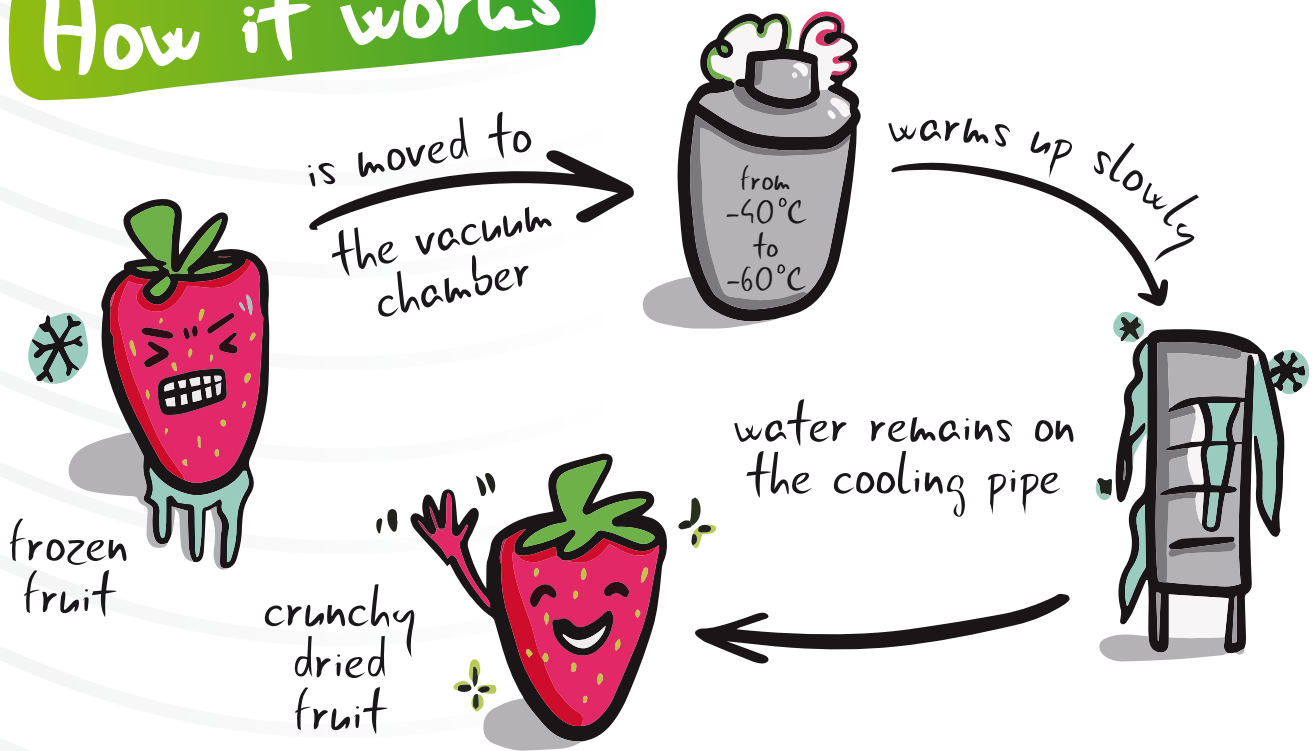

Shell

yeme


**Volkswagen
Slovakia**



How it works



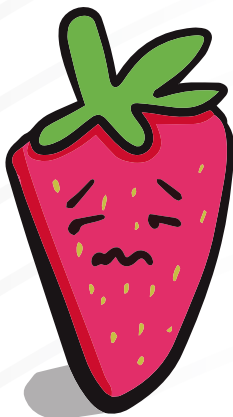
FREEZE DRYING is a process in which we put the frozen fruit into a vacuum chamber, in which the temperature reaches from -60 to -40°C , and we gradually heat the fruit slowly, causing the water to evaporate from the fruit. The water is trapped in the form of ice on the surrounding cooling pipe and the fruit remains completely dried.

Wrong
conventional
freeze
drying



High
temperature
destroys
vitamins and
minerals

Overheated
fruit



I feel
so empty

- Nice
- Crunchy
- No vitamins

Recently, the popularity of freeze-drying as the most gentle processing of fruit has come to the fore.

The general statement that freeze-dried fruit retains almost all its nutritional value **MAY NOT BE TRUE.**

Lyophilization works by placing deep-frozen fruit on a tray and slowly heating the plate in a vacuum chamber at -40 to -60 degrees.

This heating is usually done with a tube in the form of a snake, where steam or oil heated up to 100 or 180 °C is poured under high pressure. The average temperature of the fruit thus very often

exceeds +50 °C, when freeze-drying already destroys heat-sensitive vitamins and minerals. To speed up the process, it is not an exception that the fruit is heated to +80 - 90 °C. The result is crisp dried fruit that is indistinguishable from properly freeze-dried fruit at max. 40 °C. Those pieces of fruit that were closest to the heating tube are of course darker in color and are therefore ground into powder and sold again as full-fledged freeze-dried fruit. In the EU, there is no obligation to declare the lyophilization procedure or the resulting vitamin status in the lyophilized fruit.

How do we do it?



We use innovative unique method – **GENTLE FREEZE-DRYING.**

It is a controlled process of lyophilisation by reducing the temperature up to max. 40°C and extend the production process to preserve all nutrition values of the product. We record every step in fruit processing. Every second of the freeze-drying process is recorded, measuring the temperature of the base tray and the temperature of the fruit, which under no circumstances must exceed +40 °C.

Our modification of a commonly used lyophilizer:

1. We removed uneven heating with hot oil and replaced it with direct electric heating of the tray on which the fruit is placed
2. In addition to the temperature of the tray, we also measure the internal temperature of the fruit.
3. We removed the „shelves“ and thus saved space, which significantly saves energy
4. We use solar photovoltaic panels
5. We check the quality of the fruit from the farm to the final product

STRAWBERRY

THIS IS OUR FLAGSHIP PRODUCT.

Freeze-dried strawberries are mostly sold in the form of slices, because it is easier and faster to dry them at high temperatures. It lasts 5 – 6 hours at a temperature of up to 80 degrees Celsius. Such strawberries contain almost no vitamin C. We dry our strawberries for 72 hours at a temperature of 39 degrees. Our strawberry is grown in the ground and in the sun, not hydroponically in a greenhouse. It smells like a strawberry, it tastes like a strawberry, it has all the micronutrients like a strawberry, it's a strawberry.

Weight: 10 g
20 bags/box
80 boxes/pallet

MANGO

The mango ripened on the tree, not in a ship container, or in a supermarket. It was frozen immediately after harvesting at full maturity and we just freeze-dried it.

Weight: 15 g
20 bags/box
80 boxes/pallet



APRICOT

Our crispy apricot will bring you back to your childhood. We have original old varieties of apricots, grown in Serbia and North Macedonia.

Weight: 15 g
20 bags/box
80 boxes/pallet



RASPBERRY

Our raspberry grew in a 1000-year-old raspberry orchard in the south of Serbia. There are the best conditions for raspberries in Europe.

Weight: 15 g
20 bags/box
80 boxes/pallet



BANANA & STRAWBERRY

Mix of freeze-dried fruits – banana and strawberry

Weight: 15 g
20 bags/box
80 boxes/pallet



MONKEY'S YUMMIES

Mix of freeze-dried fruits – banana, strawberry and wild blueberry

Weight: 15 g
20 bags/box
80 boxes/pallet



HEDGEHOG'S YUMMIES

Mix of freeze-dried fruits - plum, sour cherry and apricot

Weight: 15 g
20 bags/box
80 boxes/pallet



TEDDY'S YUMMIES

Mix of freeze-dried fruits - raspberry, strawberry and wild blueberry

Weight: 15 g
20 bags/box
80 boxes/pallet





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