



Organic Products



HELIOS Pasta Industry from Greece is a pioneering company in the pasta sector with innovative products – allies in a balanced diet – that have won awards at international tasting competitions, and are produced according to strict International Standards.

Organic Helios Pasta is made from **100% organic semolina of durum wheat** which combines high nutritional value and delicious taste. Complying with the standards of organic farming and produced with respect to the environment, it is ideal for the whole family. It can be enjoyed in a wide variety of shapes for traditional and modern recipes.

For those who love a healthier lifestyle, HELIOS offers the **organic whole wheat pasta from the whole wheat grain**. By preserving all the nutrients found in the grain, it is a source of fiber and minerals, and it guarantees quality for a balanced diet. It is licensed to use the **WHOLE GRAIN STAMP** of 100% whole wheat, **KOSHER** and **HALAL**.

HELIOS organic Spaghetti Expressi, made from 100% organic durum wheat semolina. The pasta's thin dimension facilitates its hydration during boiling so that Spaghetti Expressi is ready in just 90 seconds! Easy to cook, delicious and, above all energy-saving, organic Expressi pasta provides the ideal solution for a quick and nutritious meal!

The **HELIOS Life-giving land ("Zeedoros")** pasta is the HELIOS Pasta Industry's newly introduced product for those seeking a healthier option in their daily diet. This innovative HELIOS pasta line is based on a recipe inspired by rich Greek gastronomic tradition and is made exclusively with **organic Emmer-Farro wheat**. The Emmer-Farro wheat (*Triticum Dicocum*) variety is able to retain most of its nutritional properties, as nature has endowed it with a resilient outer husk that adheres to the grain until it is removed by special processing. It is a source of protein and natural fibre, and is also rich in minerals and thiamine.

HELIOS Organic Cous Cous, recently launched in the international market, is **quick cooking** and ready to serve in just a few minutes. It is an eco-friendly dish, ideal for cold and hot plates, appetizers, salads and desserts. It can be combined with meat, fish, poultry, vegetables or dried fruit and honey to sweet recipes. It is **gluten free**, low-fat and rich in proteins. This makes it ideal for people with celiac disease, or with intolerance to gluten and its derivatives, as well for athletes or people opt for a healthier lifestyle! Discover our organic HELIOS gluten free Cous Cous range: **Organic Cous Cous from Chickpeas and Red Lentils**, **Organic Cous Cous from Buckwheat and Organic Cous Cous from Corn, Rice and Chickpeas**, a lovely combination for kids.

HELIOS is proud to be constantly building up new commercial relationships and making the quality of its products known throughout the world.

