

# Sweet Spreads in Estonia

November 2023

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### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

Nut and seed based spreads growth driven by the growing number of vegetarians  
Rising demand for natural and beneficial honey  
Salvest AS maintains its clear lead in 2023

#### PROSPECTS AND OPPORTUNITIES

Nut and seed based spreads to enjoy strong demand  
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## Cooking Ingredients and Meals in Estonia - Industry Overview

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Cooking ingredients and meals in 2023: The big picture  
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