



Barley Flour 1 KG



**Swastik Barley Flour - Light, Nutritious & Naturally Wholesome**



Swastik Barley Flour is finely milled from premium whole barley grains to deliver a smooth texture and gentle, earthy flavour. Rich in dietary fiber and essential nutrients, it supports digestion, heart health, and balanced everyday nutrition. Hygienically processed and packed for purity and freshness, it's a versatile choice for rotis, porridges, soups, and healthy recipe blends.

## □ **Swastik Barley Flour - Clean, Natural & Nutrient-Rich**

- **Nutrient-Rich & Healthy:** Swastik Barley Flour is a wholesome source of essential nutrients, including dietary fiber, vitamins, and minerals, promoting better digestion and overall well-being.
- **Premium Quality:** Carefully milled from the finest barley grains, our flour ensures superior quality and freshness for every recipe.
- **Versatile & Delicious:** Ideal for preparing healthy flatbreads, porridge, soups, and baked goods, adding a hearty flavor to your meals.
- **Weight Management Support:** High in fiber and low in fat, this flour helps you feel full for longer, aiding in weight management and maintaining a healthy diet.
- **No Preservatives:** Made without any artificial additives or preservatives, Swastik Barley Flour retains its natural goodness and purity.

### **Key Features**

- **Weight:** 1 KG (Perfect for household use)
- **Packaging:** Hygienically packed to maintain freshness and prevent contamination.
- **Benefits:** Boosts heart health, controls blood sugar levels, and supports gut



health.

## **Why Choose Swastik Barley Flour?**

- 100% natural and unadulterated.
- Ideal for health-conscious individuals.
- Sourced and processed under strict quality standards.

## **Usage Suggestions**

Incorporate Swastik Barley Flour into your daily diet by making:

- Nutritious chapatis or rotis.
- Healthy breakfast porridges.
- Baked goods like muffins or cookies.

**Categories:** Swastik Flour Range