

BLACK EYE BEANS 1KG



Add natural goodness to your meals with **Swastik Black Eye Beans 1KG**, also known as *Lobia* or *Chawli*. These nutritious legumes are rich in plant-based protein,



fiber, iron, and essential vitamins – perfect for daily cooking, healthy diets, and traditional Indian recipes.

Swastik Black Eye Beans 1KG - Wholesome Protein-Rich Legume for Balanced Nutrition

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□ Key Features:

- **100% Natural & Unpolished Black Eye Beans**
- **High in Protein & Dietary Fiber** – Supports muscle health and digestion
- **Rich in Iron, Folate & Magnesium** – Promotes energy & immunity
- **Low in Fat & Cholesterol-Free** – Great for weight-conscious diets
- **Hygienically Packed for Freshness & Purity**

□ Health Benefits:

- Boosts energy and supports heart health
- Aids digestion and helps manage weight



- Suitable for diabetic and vegetarian diets
- Keeps you full and energized for longer

☐ **Usage Ideas:**

- Use in Indian-style curries, stews, and dal
- Add to salads, soups, or rice dishes
- Great for meal prep and high-protein diets

☐ **Pack Size: 1 Kilogram**

☐ **Brand: Swastik**

Choose **Swastik Black Eye Beans 1KG** – the nutritious and versatile legume that fits every healthy kitchen.

Categories: Lentile