



FARALI KHAKHRA 400GM

SWASTIK BRAND FARALI KHAKHRA



Swastik Brand Farali Khakhra is a wholesome, fasting-friendly snack that



blends tradition, taste, and health. Fasting foods like this support digestion, blood sugar balance, and mental clarity.

□ **Swastik Brand Farali Khakhra - Key Features**

- **Fasting-Friendly Ingredients** - made with gluten-free flours like tapioca, potato, and rajgira, ideal for vrat (fasting) days
- **Authentic Handmade Texture** - roasted on clay tawas for a crisp, traditional finish
- **Light & Digestive** - easy on the stomach, perfect for long fasting hours
- **Zero Cholesterol & Low Fat** - supports heart health and weight management
- **Long Shelf Life** - hygienically packed for freshness and convenience
- **Culturally Resonant** - crafted to meet the spiritual and dietary needs of Indian fasting rituals

□ **Health Benefits of Fasting Foods**

Fasting foods like Farali Khakhra are designed to nourish the body while respecting dietary restrictions. Here's how they help:

- **Improved Blood Sugar Control** - fasting may reduce insulin resistance and stabilize glucose levels
- **Reduced Inflammation** - fasting can lower chronic inflammation markers, supporting immune health
- **Weight Management** - fasting promotes fat burning and appetite regulation
- **Enhanced Mental Clarity** - ketone production during fasting boosts focus and mood
- **Better Heart Health** - fasting may lower cholesterol and blood pressure
- **Increased Growth Hormone Secretion** - supports metabolism and muscle strength



□ Swastik Farali Khakhra is more than a snack — it's a **spiritual companion** during fasting, offering **clean energy, cultural comfort, and digestive ease**.

Categories: Khakhra & Phool Makhana