



SPLIT GREEN MOONG (WITH SKIN) 5KG



Upgrade your family's nutrition with **Swastik Green Moong Chilka 5kg** - a **high-protein, fiber-rich** dal that's perfect for everyday healthy cooking. This **jumbo**



5kg pack offers great value while delivering all the natural goodness of **unpolished split green gram with skin**.

Swastik Green Moong Chilka 5kg - Premium Split Green Gram with Skin

Upgrade your family's nutrition with **Swastik Green Moong Chilka 5kg** - a **high-protein, fiber-rich** dal that's perfect for everyday healthy cooking. This **jumbo 5kg pack** offers great value while delivering all the natural goodness of **unpolished split green gram with skin**.

□ **Key Benefits:**

- ✓ **Powerhouse of Nutrition** - Rich in **plant-based protein (24g/100g)** and dietary fiber
- ✓ **Skin-On Goodness** - Retains more nutrients compared to polished dals
- ✓ **Versatile Usage** - Ideal for **dals, khichdi, sprouts, curries & healthy snacks**
- ✓ **Quick Cooking** - Soft texture that's easy to digest
- ✓ **Economical Bulk Pack** - Best value for families & regular users

□ **Why Choose Swastik?**

- 100% natural with no artificial additives
- Hygienically processed & packed for long shelf life
- Trusted brand for premium quality pulses

□ **Easy to Use:**

1. Rinse thoroughly before cooking
2. Soak for 30 mins to reduce cooking time
3. Pressure cook or boil until soft



4. Use in your favorite recipes

Perfect For:

- Health-conscious families
- Vegetarian & vegan diets
- Weight management plans
- Diabetic-friendly meals

□ **Stock up on Swastik Green Moong Chilka 5kg today** – the smart choice for nutritious, everyday meals!

Categories: Lentile