



KHICHADI MIX(MUNG-TUVER)1KGX10





☐☐ **Swastik Brand Khichadi Mix (Moong-Tuver) 1Kg**

Swastik Brand Khichadi Mix (Moong-Tuver) 1Kg is a premium-quality blend of Moong Dal and Tuver Dal, carefully sourced and hygienically packed to preserve freshness, purity, and authentic taste. Naturally rich in plant-based protein, dietary fibre, and essential nutrients, this wholesome mix is perfect for preparing comforting and nutritious khichadi and everyday family meals. Easy to cook, light on the stomach, and deliciously satisfying, it is the ideal choice for healthy and balanced nutrition.

Key Benefits:

Rich in Protein • High in Fibre • Easy to Digest • Supports Digestive Health • Provides Sustained Energy • Hygienically Packed.

☐☐ **Swastik Brand Khichadi Mix (Moong-Tuver) 1Kg**

Wholesome. Nutritious. Comforting.

Swastik Brand Khichadi Mix (Moong-Tuver) 1Kg is a premium-quality blend of Moong Dal and Tuver (Toor) Dal, carefully sourced and hygienically packed to deliver exceptional freshness, purity, and authentic taste. This nourishing combination creates a wholesome and comforting meal that is easy to prepare and ideal for everyday family dining. Rich in plant-based protein, dietary fibre, and essential nutrients, our Khichadi Mix offers the perfect balance of taste, nutrition, and convenience for healthy living.



□ Key Features

Premium Quality Moong-Tuver Blend – Carefully selected and expertly blended for superior quality and authentic taste.

100% Natural & Pure – Free from artificial colours, preservatives, and additives.

Perfectly Balanced Nutrition – Combines the goodness of Moong Dal and Tuver Dal in one convenient mix.

Rich Authentic Taste – Delivers the traditional flavour and comforting texture of homemade khichadi.

Easy to Cook – Quick and convenient to prepare, making it ideal for busy households.

Naturally Rich in Plant-Based Protein – An excellent vegetarian source of protein for everyday nutrition.

High in Dietary Fibre – Supports wholesome and balanced eating habits.

Hygienically Packed – Processed and packed under strict quality standards to preserve freshness and purity.

□ Health Benefits of Khichadi Mix (Moong-Tuver)

Rich in Plant-Based Protein – Helps support muscle maintenance and provides sustained energy throughout the day.

Easy to Digest – The combination of Moong and Tuver Dal is light on the stomach and suitable for all age groups.

Supports Digestive Health – High dietary fibre promotes healthy digestion and overall gut wellness.



Provides Sustained Energy – Complex carbohydrates provide slow-release energy and help maintain active lifestyles.

Supports Heart Health – Naturally low in fat and cholesterol-free, making it a heart-friendly food choice.

Rich in Essential Nutrients – Contains iron, potassium, magnesium, and B vitamins that contribute to overall well-being.

Supports Healthy Weight Management – The combination of protein and fibre promotes satiety and helps keep you fuller for longer.

Promotes Overall Wellness – A nutrient-dense blend that complements a healthy and balanced lifestyle.

□ **Packaging Information**

Pack Size: 1 Kg (1000g)

Packaging Type: Premium food-grade, hygienically sealed pouch designed to preserve freshness, purity, and product quality.

Storage Instructions: Store in a cool, dry place away from direct sunlight. Once opened, transfer to an airtight container to maintain freshness and prevent moisture absorption.

Suitable For: Everyday household cooking, wholesome family meals, comfort food, and healthy vegetarian diets.

□ **Swastik Brand Khichadi Mix (Moong-Tuver) 1Kg combines the goodness of two nutritious lentils with premium quality and authentic taste, making it the perfect choice for wholesome, comforting, and nourishing family meals.**



Categories: Lentile, Rice