

LAPSI FADA MEDIUM 1KG



Swastik Wheat Fada (Medium) Dalia in the convenient 1kg pack brings you the same wholesome goodness of 100% pure broken wheat, perfectly sized for smaller



families or those trying it for the first time. Sourced from premium wheat grains, this medium-sized dalia is a nutritional powerhouse, designed to create satisfying, energy-packed meals that are rich in dietary fiber and essential nutrients. It's the ideal choice for a fulfilling breakfast, a light lunch, or a comforting dinner.

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## Key Features & Benefits

- **Perfect Medium Texture:** The ideal granule size that holds its shape when cooked, providing a delightful, non-mushy texture that is perfect for traditional Indian dishes like upma and khichdi.
- **100% Natural & Pure:** Made from carefully selected wheat grains with no added preservatives, colors, or artificial flavors. It's pure, natural goodness in every bite.
- **Rich in Fiber & Protein:** An excellent source of dietary fiber that promotes healthy digestion, keeps you full longer, and aids in weight management. A great plant-based protein source for a balanced diet.
- **Sustained Energy Release:** As a complex carbohydrate, it provides a slow release of energy, keeping you active and focused throughout the day and preventing energy crashes.



- **Versatile & Easy to Cook:** Ready to be transformed into a variety of healthy dishes beyond the classic upma, including delicious dalia khichdi, sweet porridge, and soups.
- **Convenient 1kg Pack:** The perfect size pack for individuals, couples, or smaller families. It's great for trying out the product without commitment and ensures freshness.
- **Trust of Swastik:** A product from the house of Swastik, a brand trusted by millions of Indian households for its consistent quality and purity for decades.

**Categories:** Swastik Flour Range