



MORAIYO 1KG



Swastik Moraiyo, also known as **Samo Rice or Barnyard Millet**, is a **naturally gluten-free grain** widely used during **fasting (vrat/upvas) seasons** like



Navratri, Ekadashi, and Mahashivratri. Light on the stomach yet rich in **fiber, protein, and minerals**, Moraiyo is perfect for preparing dishes like **Moraiyo khichdi, upma, kheer, and pulao.**

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This **1Kg pack** offers a healthy, clean, and hygienically packed grain ideal for **clean eating, fasting, and daily nutrition.**

Key Features:

- ☐ 100% Pure & Natural Moraiyo (Samo/Barnyard Millet)
- ☐ Gluten-Free & Easy to Digest – Perfect for Fasting
- ☐ High in Fiber, Iron & Slow-Digesting Carbs
- ☐ Ideal for Khichdi, Kheer, Pulao, and Upma
- ☐ No Polish, Additives, or Preservatives – Hygienically Packed

Categories: Fasting Food, Swastik Flour Range