

MOTH BEANS 1KG



Add a nutritious twist to your meals with **Swastik Moth Beans (Matki) 1Kg**, known for their earthy flavor and rich nutritional profile. Sourced from the finest



farms and hygienically packed, these small brown beans are a staple in Indian kitchens for sprouting, curries, and traditional dishes.

Swastik Moth Beans - 1Kg Pack

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□ Key Features:

- **Premium quality moth beans (Matki)**
- **Naturally grown & unpolished**
- **High in protein, iron, and fiber**
- **Ideal for sprouting, curries, usal & salads**
- **Easily digestible & quick to cook**

□ Health Benefits:

Moth beans are **packed with plant-based protein**, making them a great option for vegetarians. They support digestion, help in muscle building, and keep you full longer—perfect for weight management and a balanced diet.



□ **Packaging:**

- Hygienically packed in a 1Kg moisture-proof bag
- Ensures long shelf life and retains freshness

□ **Keywords to Target (SEO):**

Moth Beans 1Kg, Buy Matki Online, Swastik Moth Dal, Protein Rich Pulses, Healthy Indian Beans, Unpolished Moth Beans, Best Moth for Sprouts

Categories: Lentile