

PHOOL MAKHANA 500GM



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lotus seeds that are **lightly roasted to crispy perfection** without compromising on nutrition. Rich in **protein, calcium, fiber, and antioxidants**, makhana is a **low-calorie, gluten-free** superfood ideal for **weight watchers, fasting, or everyday snacking**.

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Whether you're on a diet, fasting, or simply craving a healthy munch, this **500g pack** is the perfect blend of taste and wellness.

Key Features:

- ☐ 100% Natural & Premium Quality Phool Makhana
- ☐ Lightly Roasted – No Frying, No Cholesterol
- ☐ Rich in Protein, Calcium & Antioxidants
- ☐ Ideal for Fasting, Low-Calorie Diets & Diabetic Snacks
- ☐ Hygienically Packed – No Preservatives or Additives

Categories: Murmura & Poha, Snacks