

SESAME SEEDS NATURAL 200GM



Add a wholesome crunch and nutty flavor to your meals with **Swastik Sesame Seeds Natural 200GM**. These are 100% natural, unpolished sesame seeds packed



with essential nutrients, offering both taste and health benefits in every spoonful.

Swastik Sesame Seeds Natural 200GM - Raw, Unpolished & Nutrient-Rich

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□ **Key Features:**

- **Raw & Unpolished** – No added chemicals or preservatives
- **Naturally Nutritious** – Rich in protein, calcium, iron, and fiber
- **Strong Aroma & Flavor** – Enhances both sweet and savory dishes
- **Everyday Essential** – Ideal for tadka, chutneys, snacks & traditional sweets
- **Clean & Fresh Packaging** – Sealed to retain freshness and purity

□ **Health Benefits:**

- Promotes bone and joint health
- Aids digestion and boosts energy
- Natural source of antioxidants



- Supports healthy skin and hair

☐ **Usage Tips:**

- Roast and use in salads, stir-fries, or rice
- Mix into ladoos, chikki, or Indian sweets
- Add to your daily cooking for extra nutrition

☐ **Pack Size: 200 Grams**

☐ **Brand: Swastik**

Small in size, big on benefits – **Swastik Sesame Seeds Natural 200GM** is your go-to superfood for healthy everyday cooking.

Categories: Whole Spices