



SESAME SEEDS NATURAL 500GM



Experience the rich aroma and wholesome goodness of **Swastik Sesame Seeds Natural 500GM**, a premium-quality kitchen essential trusted by homes across



India. Carefully sourced and hygienically packed, these natural sesame seeds are unpolished, chemical-free, and full of vital nutrients.

### **Swastik Sesame Seeds Natural 500GM - Pure, Unpolished & Nutrient-Rich**

Experience the rich aroma and wholesome goodness of **Swastik Sesame Seeds Natural 500GM**, a premium-quality kitchen essential trusted by homes across India. Carefully sourced and hygienically packed, these natural sesame seeds are unpolished, chemical-free, and full of vital nutrients.

#### **□ Key Features:**

- **100% Natural & Unpolished** – No additives or preservatives
- **Rich in Nutrients** – High in calcium, protein, and dietary fiber
- **Aromatic & Fresh** – Enhances flavor of both sweet and savory dishes
- **Multi-Cuisine Use** – Ideal for tadkas, chutneys, ladoos, bakery & salads
- **Clean & Hygienically Packed** – Ensures purity and long shelf life

#### **□ Health Benefits:**

- Promotes healthy bones and teeth
- Supports heart health with good fats



- Boosts energy and improves digestion
- Acts as a natural antioxidant source

#### □ **How to Use:**

- Add to curries, stir-fries, or snacks for crunch
- Roast and sprinkle on salads or rice
- Blend into chutneys or use in traditional sweets like til ladoos

#### □ **Pack Size: 500 Grams**

#### □ **Brand: Swastik**

Make every meal healthier and tastier with **Swastik Sesame Seeds Natural 500GM** — a must-have super seed for every Indian kitchen.

**Categories:** Whole Spices