

## Green Moongdal Flour 1KG



### Key Features:

- **Premium Quality:** Milled from 100% pure green moong beans for superior freshness and flavor.
- **Rich in Nutrients:** High in protein, fiber, vitamins, and minerals for a balanced diet.
- **Gluten-Free:** Naturally gluten-free, making it ideal for individuals with gluten sensitivities.
- **Versatile:** Perfect for preparing dosas, chillas, pakoras, breads, and even



sweet treats.

- **Easy to Use:** Fine texture ensures easy mixing and smooth dough preparation.

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## Health Benefits:

1. **Rich in Protein:** Supports muscle building and repair, especially beneficial for vegetarians.
2. **High Fiber Content:** Aids digestion and promotes gut health.
3. **Low Glycemic Index:** Helps regulate blood sugar levels, suitable for diabetics.
4. **Boosts Energy:** Packed with essential nutrients to keep you energized throughout the day.

## Usage Suggestions:

- **Chillas and Pancakes:** Mix the flour with water, spices, and veggies for a nutritious breakfast option.
- **Flatbreads:** Use as a gluten-free alternative for rotis and parathas.
- **Snacks:** Prepare crunchy pakoras or crispy dosas with this versatile flour.



- **Baking:** Add to baked goods for a protein-rich twist.

### **Packaging and Storage:**

- **Pack Size:** 1kg, perfect for small families or health-conscious individuals.
- **Storage Instructions:** Store in an airtight container in a cool, dry place to preserve freshness.

### **Why Choose Swastik Green Moong Flour?**

Swastik is a trusted name in delivering high-quality, nutritious products. Swastik Green Moong Flour combines traditional milling techniques with modern quality standards to ensure that your meals are not just delicious but also wholesome and healthy.

**Categories:** Swastik Flour Range