

Swastik WHITE VATANA 2KG



Product Description

Key Features:

- **Premium Quality:** Made from the finest white peas, carefully sourced for consistent size and quality.
- **Rich in Protein and Fiber:** Provides an excellent source of plant-based protein and fiber, supporting a balanced diet.



- **Versatile Ingredient:** Ideal for a variety of recipes, from curries and stews to soups, salads, and snacks.
- **No Additives or Preservatives:** Free from artificial colors, flavors, or chemicals, ensuring pure, wholesome quality.
- **Suitable for Various Diets:** Perfect for vegetarian, vegan, gluten-free, and plant-based diets.

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Health Benefits:

1. **High in Protein:** An excellent source of plant-based protein, making it ideal for vegetarians and vegans.
2. **Rich in Fiber:** Supports healthy digestion, improves gut health, and aids in maintaining a feeling of fullness.
3. **Heart Healthy:** Contains essential nutrients like potassium and magnesium, which help support heart health.
4. **Aids in Weight Management:** Low in calories and high in fiber, helping control appetite and promote weight loss.



Serving Suggestions:

- **In Curries:** Cook with spices and vegetables to make a hearty, flavorful curry.
- **In Soups and Stews:** Add to soups or stews for added texture and nutrition.
- **For Salads:** Cooked White Vatana makes a nutritious addition to fresh salads.
- **Snacks and Chaats:** Use in making traditional chaat or snacks like vatana usal.

Packaging and Storage:

- **Pack Size:** 2kg, ideal for families or those who frequently use legumes in their cooking.
- **Storage Instructions:** Store in a cool, dry place in an airtight container to maintain freshness and prevent moisture absorption.

Why Choose Swastik White Vatana?

Swastik White Vatana offers unbeatable quality and nutrition, making it a must-have for your kitchen. Whether you're preparing traditional dishes, healthy snacks, or adding to soups and salads, these white peas are the perfect addition to any meal.

Categories: Lentile