

TUKMARIA 200GM





Product Description

Stay cool and refreshed with **Swastik Tukmaria (Roasted) 200GM**, also known as Sabja or Basil Seeds. Lightly roasted for better shelf life and flavor, these super seeds are packed with fiber, antioxidants, and essential nutrients. Perfect for summer drinks, desserts, and healthy recipes.

Swastik Tukmaria (Roasted) 200GM - Nutritious Sabja Seeds for Cooling & Digestion

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☐ Key Features:

- 100% Natural Roasted Tukmaria Clean, crisp & ready to use
- Rich in Fiber & Antioxidants Supports digestion & detox
- Cooling & Hydrating Ideal for summer drinks & falooda
- Versatile Ingredient Use in lemon water, milkshakes, or sweets
- Hygienically Packed Ensures freshness, purity & long shelf life



П	Hea	lth	Bei	าefits:
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- Natural body coolant and digestive aid
- Helps in weight management
- Soothes acidity and promotes gut health
- Boosts hydration and energy

☐ Usage Tips:

- Soak 1-2 tsp in water for 10-15 mins before use
- Add to falooda, sharbat, smoothies, lemon juice, or chilled milk
- Mix with chia puddings or fruit bowls for added nutrition

□ Pack Size: 200 Grams

☐ Brand: Swastik

Beat the healthy way with **Swastik Tukmaria (Roasted) 200GM** – your natural wellness booster for summer and beyond.

Categories: Spices