

TUKMARIA 200GM



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## **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

### **□ Health Benefits:**

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

**Categories:** Whole Spices