

LAPSI FADA MEDIUM 2KG



Swastik Wheat Fada (Medium) Dalia is a wholesome and nutritious form of 100% pure broken wheat. Sourced from high-quality wheat grains, this medium-sized



dalia is a kitchen staple for health-conscious families. It's your perfect partner for creating delicious, energy-packed meals that are rich in dietary fiber, protein, and essential nutrients. Ideal for a traditional Indian breakfast, a light lunch, or a comforting dinner.

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Key Features & Benefits (Using Bullet Points)

- **100% Natural & Pure:** Made from carefully selected wheat grains with no added preservatives, colors, or artificial flavors. It's pure, natural goodness in every bite.
- **Rich in Fiber & Nutrients:** An excellent source of dietary fiber that aids digestion, promotes gut health, and helps in maintaining a healthy weight. Packed with essential vitamins and minerals.
- **Sustained Energy Release:** Being a complex carbohydrate, it provides a slow and steady release of energy, keeping you full and active for longer periods and preventing unhealthy snacking.
- **Versatile Kitchen Ingredient:** Perfect for preparing a variety of dishes beyond the classic upma, including delicious dalia khichdi, sweet porridge (daliya kheer), soups, and even as a healthier substitute for rice.



- **Trust of Swastik:** A product from the house of Swastik, a brand trusted by millions of Indian households for its consistent quality and purity for decades.
- **Convenient 2kg Pack:** The large 2kg bag is economical and perfect for regular use, ensuring your pantry is always stocked with a healthy meal option.

Categories: Swastik Flour Range