



WHITE VATANA 1KG





☐☐ **Swastik Brand White Vatana**

Swastik Brand White Vatana is a premium-quality selection of dried white peas, carefully sourced and hygienically packed to preserve their natural freshness and authentic taste. Rich in plant-based protein, dietary fibre, and essential nutrients, White Vatana is a wholesome ingredient ideal for preparing curries, ragda, chaats, soups, and traditional Indian recipes. Nutritious, versatile, and naturally delicious, it is the perfect choice for healthy everyday cooking and balanced family meals.

Key Benefits: Rich in Protein • High in Fibre • Cholesterol-Free • Supports Digestive Health • Provides Sustained Energy.

☐☐ **Swastik Brand White Vatana 1Kg**

Wholesome. Nutritious. Naturally Delicious.

Swastik Brand White Vatana is a premium-quality selection of dried white peas, carefully sourced and hygienically packed to deliver authentic taste, freshness, and superior nutrition. A staple ingredient in Indian kitchens, White Vatana is widely used in preparing delicious curries, ragda, soups, chaats, and traditional recipes. Rich in plant-based protein, dietary fibre, and essential nutrients, it is a wholesome addition to a balanced and healthy lifestyle.

☐ **Key Features**

Premium Quality White Peas – Carefully selected for superior size, quality, and freshness.

100% Natural & Pure – Free from artificial colours, preservatives, and additives.

Rich Authentic Taste – Delivers the traditional flavour and texture loved in Indian



cuisine.

Versatile Ingredient – Perfect for curries, ragda, chaats, soups, salads, and a variety of traditional dishes.

Naturally Rich in Plant Protein – An excellent vegetarian source of protein for everyday nutrition.

High in Dietary Fibre – Supports a wholesome and balanced diet.

Hygienically Packed – Sealed under strict quality standards to maintain freshness and purity.

Long Shelf Life – Convenient for pantry storage and regular family meals.

☐ **Health Benefits of White Vatana**

Rich in Plant-Based Protein – Helps support muscle maintenance and provides sustained energy throughout the day.

Supports Digestive Health – High fibre content promotes healthy digestion and gut wellness.

Helps Maintain Heart Health – Naturally low in fat and cholesterol-free, making it a heart-friendly food choice.

Provides Sustained Energy – Complex carbohydrates provide slow-release energy, keeping you active and satisfied for longer.

Rich in Essential Nutrients – Contains iron, magnesium, phosphorus, potassium, and B vitamins that contribute to overall well-being.

Supports Healthy Weight Management – The combination of protein and fibre promotes fullness and helps control hunger.



Supports Overall Wellness – Packed with beneficial nutrients that support a balanced and nutritious lifestyle.

□ **Swastik Brand White Vatana combines premium quality, authentic taste, and natural nutrition, making it the perfect choice for wholesome family meals and traditional Indian recipes.**

Categories: Lentile