



Healthy Choices. Happy Families.

Discover nutritious, authentic, and delicious foods specially crafted for growing kids using carefully selected ingredients and traditional recipes.

SCAN OR CODE TO SHOP
OUR PRODUCTS ONLINE



PRODUCT
CATALOG



EXPLORE OUR HEALTHY RANGE

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BATTERS

MONDAY

TUESDAY



IDLI DOSA BATTER

HEALTH BENEFITS

Low-calorie, low-fat, high-fiber, and high-protein content, along with the probiotic benefits of the fermentation process

INGREDIENTS

Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **900g**
MRP: ₹45



PEARL MILLET IDLI DOSA BATTER

HEALTH BENEFITS

Aids in managing diabetes and weight, boost heart health and support digestion

INGREDIENTS

Kambu (Pearl Millet), Parboiled rice, Urad Dal, Poha, Fenugreek and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹30 ₹50



IDLI DOSA BATTER

HEALTH BENEFITS

Low-calorie, low-fat, high-fiber, and high-protein content, along with the probiotic benefits of the fermentation process

INGREDIENTS

Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **900g**
MRP: ₹45



KODO MILLET IDLI DOSA BATTER

HEALTH BENEFITS

Easy to digest, contains a high amount of lecithin and is excellent for strengthening the nervous system

INGREDIENTS

Varagu (Kodo millet), Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹35 ₹60



KATTUYANAM RICE IDLI DOSA BATTER

HEALTH BENEFITS

Low glycemic index, dense mineral profile (zinc, iron, manganese), and ability to promote satiety, making it excellent for weight management

INGREDIENTS

Kattuyanam rice, Parboiled Rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



HORSE GRAM IDLI DOSA BATTER

HEALTH BENEFITS

Aiding in weight loss, improving digestion, and helping manage cholesterol and blood sugar levels

INGREDIENTS

Horse gram, Parboiled rice, Urad Dal, Fenugreek and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹30 ₹50



RATHASALI RICE IDLI DOSA BATTER

HEALTH BENEFITS

Boosting hemoglobin levels, providing stable energy release, and supporting digestion

INGREDIENTS

Rathasali rice, Parboiled Rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



GREEN GRAM ADAI DOSA BATTER

HEALTH BENEFITS

Support for heart health by lowering cholesterol and blood pressure, improved digestion and weight management support

INGREDIENTS

Green Gram, Raw rice, Ginger, Red chilli, Coconut and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70

ONE OF THE TWO OPTIONS WILL BE AVAILABLE



MURUNGA ADAI DOSA BATTER

HEALTH BENEFITS

Boosting immunity, improving digestion, supporting heart health, and aiding weight management

INGREDIENTS

Parboiled rice, Raw rice, Tur dal, Urad dal, Chana dal, Coconut, Cumin seeds, Tamarind, Green chilli, Drumstick greens and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



CUCUMBER DOSA BATTER

HEALTH BENEFITS

Improves Digestion, weight management, and skin health

INGREDIENTS

Parboiled Rice, Urad Dal, Fenugreek, Cucumber, Green Chilli, Cumin Seeds, Ginger, Curry leaves, Coriander leaves and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



PALAK DOSA BATTER

HEALTH BENEFITS

Provides fiber and boosting immunity, supporting heart health, promoting healthy digestion with fibre, improving bone health and maintaining healthy vision

INGREDIENTS

Palak leaves, Ginger, Green chilli, Cumin seeds, Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹35 ₹60



CARROT IDLI DOSA BATTER

HEALTH BENEFITS

Supporting eye health and boosting the immune system

INGREDIENTS

Idli rice, Urad dal, Fenugreek, Carrot, Green Chilli, Ginger, Cumin seeds and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹35 ₹60

*Bulk Orders Undertaken for Batters & Special Batters

FRESHLY Ground • NATURALLY Fermented • READY TO Cook

BATTERS

WEDNESDAY



IDLI DOSA BATTER

HEALTH BENEFITS

Low-calorie, low-fat, high-fiber, and high-protein content, along with the probiotic benefits of the fermentation process

INGREDIENTS

Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: 900g
MRP: ₹45



FINGER MILLET IDLI DOSA BATTER

HEALTH BENEFITS

High in calcium, beneficial for digestion, bone health, weight loss, and blood sugar management

INGREDIENTS

Ragi (Finger Millet), Parboiled rice, Raw rice, Urad Dal, Fenugreek and Alkaline Water

Net Wt: 450g 900g
MRP: ₹30 ₹50



MANISAMBA RICE IDLI DOSA BATTER

HEALTH BENEFITS

Aid in blood sugar management, support healthy digestion, and boost overall stamina

INGREDIENTS

Manisamba rice, Parboiled Rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: 450g 900g
MRP: ₹40 ₹70



BLACK URAD ADAI DOSA BATTER

HEALTH BENEFITS

Stabilizing blood sugar, aiding digestion, and supporting weight management

INGREDIENTS

Parboiled Rice, Thoor Dal, Chana Dal, Methi, Black urad dal, Coconut, Asafoetida, Red Chilly, Cumin Seeds, Pepper, Curry Seeds and Alkaline Water

Net Wt: 450g 900g
MRP: ₹40 ₹70



APPAM BATTER

HEALTH BENEFITS

Gut health benefits from probiotics, increases nutrient bioavailability, low in calories and can help reduce cholesterol

INGREDIENTS

Raw rice, Poha, Fenugreek, Coconut and Alkaline Water

Net Wt: 450g 900g
MRP: ₹35 ₹60



DID

YOU

KNOW?

The natural probiotic fermentation process doesn't just make the batter fluffy, it actually creates new nutrients like Vitamin B-12 and Vitamin C, making a simple idli a highly nutritious, bio-available superfood.

*Bulk Orders Undertaken for Batters & Special Batters

THURSDAY



IDLI DOSA BATTER

HEALTH BENEFITS

Low-calorie, low-fat, high-fiber, and high-protein content, along with the probiotic benefits of the fermentation process

INGREDIENTS

Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: 900g
MRP: ₹45



FOXTAIL MILLET IDLI DOSA BATTER

HEALTH BENEFITS

Stabilizing blood sugar, aiding digestion, and supporting weight management

INGREDIENTS

Foxtail millet (Thinai), Parboiled Rice, Raw rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: 450g 900g
MRP: ₹40 ₹70



KARUPPU KAVUNI RICE IDLI DOSA BATTER

HEALTH BENEFITS

Packed with anthocyanins (powerful antioxidants), dietary fiber, and essential minerals like iron, zinc, and vitamin E

INGREDIENTS

Karuppu kavuni rice, Parboiled Rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: 450g 900g
MRP: ₹40 ₹70



PARUPPU ADAI DOSA BATTER

HEALTH BENEFITS

High content of protein and fibre, aid in digestion and provide sustained energy

INGREDIENTS

Parboiled rice, Raw rice, Thoor dal, Urad dal, Chana dal, Moong dal, Onions, Coconut, Cumin seeds, Red chilli, Asafoetida and Alkaline Water

Net Wt: 450g 900g
MRP: ₹40 ₹70

ONE OF THE TWO OPTIONS WILL BE AVAILABLE



CORIANDER DOSA BATTER

HEALTH BENEFITS

Aiding digestion, Boosting immunity and improving heart and bone health

INGREDIENTS

Coriander leaves, Ginger, Green chilli, Cumin seeds, Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: 450g 900g
MRP: ₹35 ₹60



BEETROOT IDLI DOSA BATTER

HEALTH BENEFITS

Lower blood pressure, enhance athletic endurance, and support healthy brain function and digestion

INGREDIENTS

Rice, Urad Dal Idli rice, Urad dal, Fenugreek, Beetroot, Green Chilli, Ginger, Cumin seeds and Alkaline Water & Fenugreek

Net Wt: 450g 900g
MRP: ₹35 ₹60

SOFT Idlis • CRISPY Dosas • AUTHENTIC Taste

BATTERS

FRIDAY

SATURDAY



IDLI DOSA BATTER

HEALTH BENEFITS

Low-calorie, low-fat, high-fiber, and high-protein content, along with the probiotic benefits of the fermentation process

INGREDIENTS

Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **900g**
MRP: ₹45



SORGHAM MILLET IDLI DOSA BATTER

HEALTH BENEFITS

Improves Digestion, blood sugar management, weight loss, and heart health

INGREDIENTS

Soolam, Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹30 ₹50



IDLI DOSA BATTER

HEALTH BENEFITS

Low-calorie, low-fat, high-fiber, and high-protein content, along with the probiotic benefits of the fermentation process

INGREDIENTS

Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **900g**
MRP: ₹45



LITTLE MILLET IDLI DOSA BATTER

HEALTH BENEFITS

Low glycemic index, high dietary fiber and excellent source of essential minerals like iron and magnesium

INGREDIENTS

Little millet (Saamai), Parboiled Rice, Raw rice, Urad Dal, Fenugreek, Poha, Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



POONGAR RICE IDLI DOSA BATTER

HEALTH BENEFITS

Supports hormonal balance for womens, promotes lactation, helps regulate blood sugar with its low glycemic index, and boosts Hemoglobin levels

INGREDIENTS

Poongar rice, Parboiled Rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



MASOOR DAL IDLI DOSA BATTER

HEALTH BENEFITS

Building muscle, preventing anemia, and promoting weight management

INGREDIENTS

Masoor dal, Parboiled Rice, Fenugreek, Poha

Net Wt: **450g** **900g**
MRP: ₹35 ₹50



MAPPILAI SAMBA RICE IDLI DOSA BATTER

HEALTH BENEFITS

Boosts stamina, regulates blood sugar through a low glycemic index, and improves digestion

INGREDIENTS

Mappilai samba rice, Parboiled Rice, Urad Dal, Fenugreek, Poha and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



WHEAT DOSA BATTER

HEALTH BENEFITS

High fibre and protein content, making it good for weight management and gut health.

INGREDIENTS

Whole Wheat, Raw rice, Urad dal, Fenugreek and Alkaline water

Net Wt: **450g** **900g**
MRP: ₹30 ₹50

ONE OF THE TWO OPTIONS WILL BE AVAILABLE



MINT DOSA BATTER

HEALTH BENEFITS

Improved digestion, enhanced immunity and better oral hygiene

INGREDIENTS

Mint, Ginger, Green chilli, Cumin seeds, Parboiled Rice, Urad dal, Fenugreek and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹35 ₹60



SORAKKAI ADAI DOSA BATTER

HEALTH BENEFITS

Body Hydration ,weight management, digestive aid and improved skin health

INGREDIENTS

Parboiled rice, Bottle guard, Thoor dal, Coconut, Onion, Garlic, Coriander seeds, Cumin seeds, Peeper, Red chilli, Asafoetida and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



TOMATO DOSA BATTER

HEALTH BENEFITS

Supporting cardiovascular function, immune-boosting, good for digestion and gut health, and can aid in weight management

INGREDIENTS

Parboiled rice, Raw rice, Chana dal, Coconut, Cumin seeds, Tomato, Red chilli, Asafoetida and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹40 ₹70



SPICY DOSA BATTER

HEALTH BENEFITS

Rich in antioxidants that boost the immune system and may support heart and liver health.

INGREDIENTS

Parboiled rice, Raw rice, Thoor dal, Chana dal, Coconut, Coriander seeds, Cumin seeds, Pepper, Tamarind, Red chilli, Asafoetida and Alkaline Water

Net Wt: **450g** **900g**
MRP: ₹30 ₹50

ONE OF THE TWO OPTIONS WILL BE AVAILABLE

POUR • COOK • ENJOY

*Bulk Orders Undertaken for Batters & Special Batters



SPECIAL BATTERS



KARA PANNIYARAM BATTER

HEALTH BENEFITS

Rich in protein and fibre, a source of complex carbohydrates, Low in fat and calories, Easily digestible, Gut-friendly Lowers cholesterol and Nutrient-dense

INGREDIENTS

Parboiled Rice, Urad dal, Chana dal, Fenugreek, Onion, Green chilli, Curry leaves, Coriander leaves, Ginger, and Alkaline Water

Net Wt.: **450g** **900g**
MRP: ₹ **40** ₹ **70**



MEDU VADA BATTER

HEALTH BENEFITS

Rich in plant-based protein, dietary fiber, and essential minerals like iron and magnesium

INGREDIENTS

Urad Dal, Rice Flour, Green Chilli, Ginger, Salt, Pepper, Hing and Curry Leaves

Net Wt.: **450g** **900g**
MRP: ₹ **95** ₹ **170**



PARUPPU VADA BATTER

HEALTH BENEFITS

Provides abundant plant-based protein, muscle-repairing amino acids, and dietary fiber

INGREDIENTS

Chana Dal, Raw Rice, Red Chilli, Fennel Seeds, Cinnamon, Ginger, Garlic, Onion, Salt, Hing, Curry Leaves and Coriander Leaves

Net Wt.: **450g** **900g**
MRP: ₹ **70** ₹ **125**

- Special batters on pre-order only
- Single pack orders welcome.
- Bulk Orders Undertaken for Batters & Special Batters



Made Fresh Every Day

Hygienically prepared and packed for great taste and quality.



A Flavour for Everyone

Choose from a variety of delicious and unique batter options.



Loved by Little Foodies

Tasty, nutritious, and perfect for breakfast, snacks, or lunch boxes.



Quick & Convenient

Just pour, cook, and enjoy. No grinding, mixing, or prep required.

OILS

≡ *Nature's Goodness,* ≡
Bottled.



GROUNDNUT OIL

HEALTH BENEFITS

Supporting heart health and providing antioxidants

INGREDIENTS

100% Fresh Groundnuts

Net Wt.: **500ml** **1000ml**
MRP: ₹ **145** ₹ **290**



COCONUT OIL

HEALTH BENEFITS

Encourage in fat burning, quick source of energy, antimicrobial effects, helps in less hunger and reduces seizures

INGREDIENTS

100% Fresh coconuts

Net Wt.: **500ml** **1000ml**
MRP: ₹ **230** ₹ **460**



SESAME OIL

HEALTH BENEFITS

Favour for heart health, potent antioxidants and enhance flavor while potentially aiding digestion and providing beneficial minerals

INGREDIENTS

100% Fresh sesame seeds

Net Wt.: **500ml** **1000ml**
MRP: ₹ **210** ₹ **420**



COCONUT JAGGERY

HEALTH BENEFITS

Natural sweetener with essential minerals.

INGREDIENTS

Coconut Sap Extract.

Net Wt.: **100g** **250g**
MRP: ₹ **90** ₹ **210**



PALM JAGGERY

HEALTH BENEFITS

Rich in minerals and traditionally used as a natural sweetener.

INGREDIENTS

Palm Sap Extract.

Net Wt.: **100g** **250g**
MRP: ₹ **90** ₹ **210**



SUGARCANE JAGGERY

HEALTH BENEFITS

Rich in minerals and traditionally used as a natural sweetener.

INGREDIENTS

Concentrated Sugarcane Juice.

Net Wt.: **250g** **500g**
MRP: ₹ **70** ₹ **130**

JAGGERY

≡ *Pure Sweetness!* ≡

NOTHING MORE.

SPICE BLENDS



IDLI PODI

HEALTH BENEFITS

Improved digestion, a boost in immunity and balanced nutrition

INGREDIENTS

Urad dal, Chana dal, Red chilli, White sesame seeds, Asafoetida, Curry leaves and Salt

Net Wt: **100g** **250g**
MRP: ₹65 ₹130



PARUPU PODI

HEALTH BENEFITS

High content of protein and fibre

INGREDIENTS

Thoor dal, Moong dal, Chana dal, Roasted gram, Curry leaves, Kashmiri red chilli, Red chilli, Asafoetida, Salt, Cumin seeds and Pepper

Net Wt: **100g** **250g**
MRP: ₹70 ₹140



BEETROOT PODI

HEALTH BENEFITS

Naturally high in iron and nitrates to support blood health and boost stamina

INGREDIENTS

Dried Beetroot, Urad Dal, Chana Dal, Dry Red Chilli, Coriander seeds, Cumin seeds, Garlic, Sesame Seeds, Salt, Hing, Tamarind

Net Wt: **100g**
MRP: ₹95



CURRY LEAVES PODI

HEALTH BENEFITS

A nutrient rich blend that promotes healthy hair growth, improves digestion and is naturally high in iron

INGREDIENTS

Dried Curry Leaves, Urad Dal, Sesame seeds, Chana Dal, Tamarind, Red Chilli, Salt, Hing

Net Wt: **100g**
MRP: ₹75



GARLIC PODI

HEALTH BENEFITS

Boosting the immune system, supporting heart health by lowering blood pressure and cholesterol, and enhancing brain function

INGREDIENTS

Garlic, Urad dal, Chana dal, Tur Dal, Red chilli, Kashmiri Red chilli, Rock salt, Curry leaves and Asafoetida

Net Wt: **100g** **250g**
MRP: ₹75 ₹150



SESAME PODI

HEALTH BENEFITS

Improved heart health, better bone density, enhanced skin and hair health, and potential anti-inflammatory and antioxidant effects

INGREDIENTS

Sesame seeds, Urad dal, Chana dal, Cumin seeds, Red chilli, Pepper, Tamarind, Dried coconut, Rock salt and Asafoetida

Net Wt: **100g**
MRP: ₹85



KOPARA PODI

HEALTH BENEFITS

A rich source of healthy fats and minerals that boosts energy and supports healthy skin and hair

INGREDIENTS

Kopara, Urad Dal, Chana Dal, Red Chilli, Salt

Net Wt: **100g**
MRP: ₹80



GREEN GRAM PODI

HEALTH BENEFITS

Supporting weight loss, stabilizing blood sugar, and improving digestion

INGREDIENTS

Green gram, Chana dal, Red chilli, Pepper, White sesame, Cumin, Garlic, Tamarind, Hing, Salt

Net Wt: **100g**
MRP: ₹95



HORSE GRAM PODI

HEALTH BENEFITS

Aiding in weight loss, improving digestion, and helping manage cholesterol and blood sugar levels

INGREDIENTS

Horse gram, Urad dal, Chana dal, Cumin seeds, Red chilli, Kashmiri Red chilli, Garlic, Tamarind, Rock salt and Asafoetida

Net Wt: **100g**
MRP: ₹75



PEANUT PODI

HEALTH BENEFITS

Supporting heart health, aiding in weight management and promoting brain function

INGREDIENTS

Groundnut, Urad dal, Chana dal, Coriander seeds, Cumin seeds, Red chilli, Tamarind, Rock salt and Asafoetida

Net Wt: **100g**
MRP: ₹75



NAVADHANIYA PODI

HEALTH BENEFITS

Provides sustained energy, supports healthy digestion, strengthens bones, and promotes heart health

INGREDIENTS

Wheat, Raw rice, Thoor dal, Green gram, Chana dal, Urad dal, Karamani, Black sesame, Horse gram, Red chilli, Kashmiri red chilli, Garlic, Curry leaves, Hing, Salt

Net Wt: **100g**
MRP: ₹70



PIRANDAI PODI

HEALTH BENEFITS

Strengthening bones, accelerating fracture healing, and relieving joint pain

INGREDIENTS

Urad dal, Chana dal, Curry leaves, Pirandai, Red chilli, Tamarind, Garlic, Hing, Salt, White sesame, Oil

Net Wt: **100g**
MRP: ₹95



MURUNGA PODI

HEALTH BENEFITS

Boosting immunity, supporting bone and blood health, improving digestion, and having anti-inflammatory properties

INGREDIENTS

Murungai keerai, Curry leaves, Urad dal, Chana dal, Salt, Sesame seeds, Pepper, Cumin seeds, Red chilli and Asafoetida

Net Wt: **100g**
MRP: ₹75



CARROT PODI

HEALTH BENEFITS

A rich source of Beta- Carotene and Vitamin A that supports healthy vision and glowing skin

INGREDIENTS

Dried Carrot, Urad Dal, Chana Dal, Dry Red Chilli, Sesame Seeds, Salt, Hing, Tamarind

Net Wt: **100g**
MRP: ₹100

➤ AUTHENTIC TASTE. • INDIAN SPICE MAGIC.

White Label orders for premium spice blends and instant mix, along with bulk supply for hotels, is undertaken.



SPICE POWDERS



INSTANT MIX



SAMBAR POWDER

HEALTH BENEFITS

Aiding digestion, providing antioxidants, and reducing inflammation

INGREDIENTS

Red chilli, Coriander seeds, Raw rice, Chana dal, Tur Dal, Fenugreek, Pepper, Cumin seeds, Asafoetida, Curry leaves and Turmeric

Net Wt.: 100g 200g
MRP: ₹70 ₹140



RASAM POWDER

HEALTH BENEFITS

Aiding digestion, providing comfort for cold and flu symptoms, and supporting weight management

INGREDIENTS

Coriander seeds, Cumin seeds, Pepper, Red chilli, Tur dal, Curry leaves, Asafoetida and Turmeric

Net Wt.: 100g 200g
MRP: ₹85 ₹180



INSTANT SAMBAR READY MIX

HEALTH BENEFITS

A protein- packed blend of lentils and traditional spices that aids digestion

INGREDIENTS

Thoor Dal, Tamarind, Dried Coconut, Chana Dal, Urad Dal, Spices (Coriander Seeds, Cumin Seeds, Fenugreek, Pepper, Clove, Cinnamon, Turmeric, Hing), Jaggery, Salt and Tempering (Oil, Mustard, Red Chilli, Curry Leaves)

Net Wt.: 200g
MRP: ₹110



INSTANT GREEN CHUTNEY READY MIX

HEALTH BENEFITS

A refreshing, anti-oxidant- rich blend that aids digestion, cools the body, and boosts appetite

INGREDIENTS

Oil, Mustard, Dried Mint, Dried Coriander, Dried Curry Leaves, Roasted Gram, Urad Dal, Chana Dal, Dried coconut, Cumin Seeds, Fennel seeds, Red Chilli, Tamarind, Salt, Hing

Net Wt.: 200g
MRP: ₹100



TURMERIC POWDER

HEALTH BENEFITS

Protect the body by neutralizing free radicals (pollution, sunlight) and shielding the cells from damage

INGREDIENTS

100% pure, ground Turmeric root

Net Wt.: 100g 200g
MRP: ₹85 ₹135



CHILLI POWDER

HEALTH BENEFITS

Improved digestion and metabolism, enhanced nutrient absorption, and potential help with weight management

INGREDIENTS

100% pure, natural and spicy red chillies

Net Wt.: 80g 150g
MRP: ₹70 ₹110



TAMARIND RICE READY MIX

HEALTH BENEFITS

Act as a natural digestive aid and appetite stimulant

INGREDIENTS

Tamarind, Oil, Mustard, Urad Dal, Chana Dal, Red Chilli, Curry Leaves, Hing, Turmeric Powder, Groundnut, Rock Salt, Jaggery, Coriander Seeds, Pepper, Fenugreek, Sesame seeds

Net Wt.: 200g
MRP: ₹130



TOMATO RICE READY MIX

HEALTH BENEFITS

Support heart health and strengthen the immune system

INGREDIENTS

Tomato, Oil, Mustard, Chana Dal, Urad Dal, Cumin Seeds, Red Chilli, Curry Leaves, Hing, Rock Salt

Net Wt.: 200g
MRP: ₹130



CORIANDER POWDER

HEALTH BENEFITS

Improved digestion, lower cholesterol, and better blood sugar regulation

INGREDIENTS

100% pure and natural coriander seeds

Net Wt.: 100g 200g
MRP: ₹65 ₹100



CUMIN POWDER

HEALTH BENEFITS

Improved digestion, enhanced immunity, and better heart health

INGREDIENTS

100% pure and natural cumin seeds

Net Wt.: 100g 200g
MRP: ₹95 ₹140



KARA CHUTNEY

HEALTH BENEFITS

Naturally boosts immunity and aids digestion

INGREDIENTS

Garlic, Red Chilli, Rock Salt, Oil, Cumin Seeds, Lemon Extract

Net Wt.: 200g
MRP: ₹75



INSTANT MILLET CHAI

HEALTH BENEFITS

Helps stabilize blood sugar, supports heart health, and delivers essential minerals

INGREDIENTS

Premium Assam Tea Extract, Finger Millet, Pearl Millet, Sorghum Millet, Sago, Cardamom, Dry Ginger

Net Wt.: 200g
MRP: ₹150



PEPPER POWDER

HEALTH BENEFITS

Anti-inflammatory and pain-relieving properties

INGREDIENTS

100% pure and natural pepper

Net Wt.: 100g
MRP: ₹175



GARAM MASALA

HEALTH BENEFITS

Improved digestion, enhanced nutrient absorption, antioxidant and anti-inflammatory effects

INGREDIENTS

Coriander seeds, Pepper, Cumin seeds, Fennel, Cloves, Mace, Star anise, Cinnamon, Bay leaves, Cardamom

Net Wt.: 100g
MRP: ₹175



INSTANT MILLET MASALA CHAI

HEALTH BENEFITS

Aids in digestion, balances blood sugar, supports heart health, and promotes natural weight management

INGREDIENTS

Premium Assam Tea Extract, Finger Millet, Pearl Millet, Sorghum Millet, Sago, Cardamom, Dry Ginger, Cinnamon, Cloves and Pepper

Net Wt.: 200g
MRP: ₹160



HEALTH MIX-ALL IN ONE BLEND

HEALTH BENEFITS

Provides balanced nutrition, protein, fiber, vitamins and minerals for everyday wellness.

INGREDIENTS

40 Ingredients- Blend of 7 Millets, 6 Traditional Rices, 9 Legumes & Pulses, 8 Nuts & Seeds, 5 Grains & Cereals, 5 Spices & Digestive Aids

Net Wt.: 250g 500g
MRP: ₹195 ₹360

NOODLES



FOXTAIL MILLET NOODLES

HEALTH BENEFITS

Manages Diabetes, Strengthens nervous system and immunity

INGREDIENTS

Foxtail Rice and Wheat

Net Wt.: 200g
MRP: ₹95



LITTLE MILLET NOODLES

HEALTH BENEFITS

Weight management, Improves heart health, Gut friendly.

INGREDIENTS

Little millet rice and Wheat

Net Wt.: 200g
MRP: ₹95



MORINGA NOODLES

HEALTH BENEFITS

Rich in iron, calcium, and antioxidants, Supports immunity and energy levels, Helps improve digestion, Good source of plant-based nutrients and Supports overall wellness

INGREDIENTS

Moringa Leaf Powder & Wheat Flour

Net Wt.: 200g
MRP: ₹95



MULTI MILLET NOODLES

HEALTH BENEFITS

Good for digestion, Helps in weight management and Great for bone health.

INGREDIENTS

Blend of Millet Flours & Wheat Flour

Net Wt.: 200g
MRP: ₹95



KODO MILLET NOODLES

HEALTH BENEFITS

Controls Diabetes, Aids in Weight Loss, Heart healthy.

INGREDIENTS

Kodo millet rice and Wheat

Net Wt.: 200g
MRP: ₹95



BARNYARD MILLET NOODLES

HEALTH BENEFITS

Controls Diabetes, Maintains heart health, Skin and hair benefits.

INGREDIENTS

Barnyard millet rice and Wheat

Net Wt.: 200g
MRP: ₹95



WHITE SORGHUM MILLET NOODLES

HEALTH BENEFITS

Supports Skin Health, Promotes Blood Health, Big boon for Bones.

INGREDIENTS

White Sorghum millet rice and Wheat

Net Wt.: 200g
MRP: ₹95



RED RICE NOODLES

HEALTH BENEFITS

Aid in sustained weight management, promote healthy digestion, and help regulate blood sugar levels

INGREDIENTS

Red Rice and Wheat

Net Wt.: 200g
MRP: ₹95



FINGER MILLET NOODLES

HEALTH BENEFITS

Reduce Constipation, Regulates Blood Pressure, Helpful with anemia.

INGREDIENTS

Finger millet rice and Wheat

Net Wt.: 200g
MRP: ₹95



PEARL MILLET NOODLES

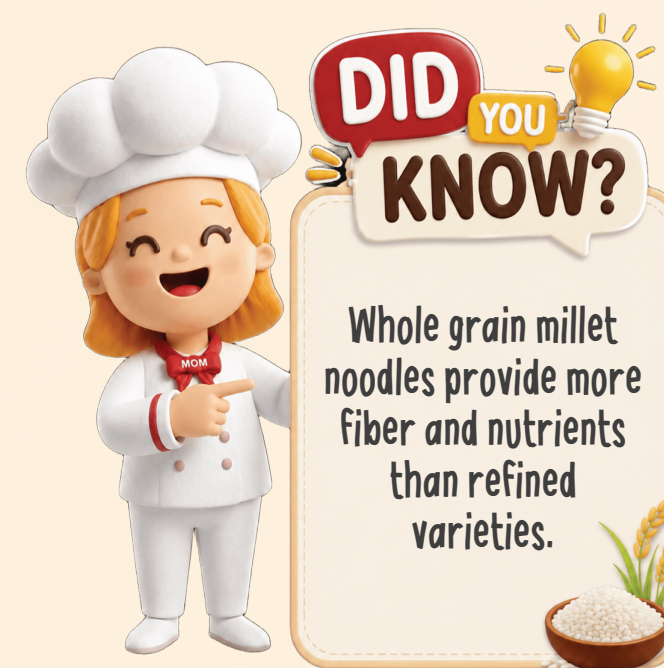
HEALTH BENEFITS

Boosts Energy Levels, Lowers Cholesterol, Increases Haemoglobin Levels.

INGREDIENTS

Pearl millet rice and Wheat

Net Wt.: 200g
MRP: ₹95



THE Healthy Noodle Choice

PASTA



FOXTAIL MILLET PASTA

HEALTH BENEFITS

Manages Diabetes, Strengthens nervous system and immunity

INGREDIENTS

Foxtail Rice and Wheat

Net Wt: 200g
MRP: ₹95



LITTLE MILLET PASTA

HEALTH BENEFITS

Weight management, Improves heart health, Gut friendly.

INGREDIENTS

Little millet rice and Wheat

Net Wt: 200g
MRP: ₹95



MULTI MILLET PASTA

HEALTH BENEFITS

Good for digestion, Helps in weight management and Great for bone health.

INGREDIENTS

Blend of Millet Flours & Wheat Flour

Net Wt: 200g
MRP: ₹95



WHITE SORGHUM MILLET PASTA

HEALTH BENEFITS

Supports Skin Health, Promotes Blood Health, Big boon for Bones.

INGREDIENTS

White Sorghum millet rice and Wheat

Net Wt: 200g
MRP: ₹95



KODO MILLET PASTA

HEALTH BENEFITS

Controls Diabetes, Aids in Weight Loss, Heart healthy.

INGREDIENTS

Kodo millet rice and Wheat

Net Wt: 200g
MRP: ₹95



BARNYARD MILLET PASTA

HEALTH BENEFITS

Controls Diabetes, Maintains heart health, Skin and hair benefits.

INGREDIENTS

Barnyard millet rice and Wheat

Net Wt: 200g
MRP: ₹95



RED RICE PASTA

HEALTH BENEFITS

Aid in sustained weight management, promote healthy digestion, and help regulate blood sugar levels

INGREDIENTS

Red Rice and Wheat

Net Wt: 200g
MRP: ₹95



FINGER MILLET PASTA

HEALTH BENEFITS

Reduce Constipation, Regulates Blood Pressure, Helpful with anemia.

INGREDIENTS

Finger millet rice and Wheat

Net Wt: 200g
MRP: ₹95



PEARL MILLET PASTA

HEALTH BENEFITS

Boosts Energy Levels, Lowers Cholesterol, Increases Haemoglobin Levels.

INGREDIENTS

Pearl millet rice and Wheat

Net Wt: 200g
MRP: ₹95

Taste meets Wellness



DID YOU KNOW?

Millet Pasta provides slow-releasing carbohydrates that help maintain energy levels.



FLAKES



FOXTAIL FLAKES

HEALTH BENEFITS
Rich in fiber and natural nutrients.

INGREDIENTS
Foxtail Millet Grain

Net Wt.: 250g 500g
MRP: ₹75 ₹140



BARLEY FLAKES

HEALTH BENEFITS
Supports digestive wellness.

INGREDIENTS
Barley

Net Wt.: 250g 500g
MRP: ₹65 ₹120



FINGER MILLET FLAKES

HEALTH BENEFITS
Rich in calcium and supports bone health.

INGREDIENTS
Finger Millet Grain

Net Wt.: 250g 500g
MRP: ₹60 ₹110



WHITE SORGHUM FLAKES

HEALTH BENEFITS
Rich in fiber and supports digestive health.

INGREDIENTS
White Sorghum Grain

Net Wt.: 250g 500g
MRP: ₹65 ₹120



MAPILLAI SAMBA FLAKES

HEALTH BENEFITS
Boosting physical stamina, stabilizing blood sugar levels

INGREDIENTS
Mapillai Samba Rice Grain

Net Wt.: 250g 500g
MRP: ₹75 ₹140



KARUPPU KAVUNI FLAKES

HEALTH BENEFITS
Rich in natural antioxidants.

INGREDIENTS
Karuppu Kavuni Rice Grain

Net Wt.: 250g 500g
MRP: ₹105 ₹200



POONGAR FLAKES

HEALTH BENEFITS
Highly nutrient-dense, promote hormonal balance especially for women

INGREDIENTS
Poongar rice Grain

Net Wt.: 250g 500g
MRP: ₹75 ₹140



WHEAT FLAKES

HEALTH BENEFITS
Provides sustained energy and dietary fiber.

INGREDIENTS
Wheat Grain

Net Wt.: 250g 500g
MRP: ₹65 ₹120



RED MATTA RICE FLAKES

HEALTH BENEFITS
Rich in fiber and essential nutrients.

INGREDIENTS
Red Matta Rice Grain

Net Wt.: 250g 500g
MRP: ₹65 ₹120



PEARL MILLET FLAKES

HEALTH BENEFITS
Helps provide lasting energy.

INGREDIENTS
Pearl Millet Grain

Net Wt.: 250g 500g
MRP: ₹60 ₹110



Smart Start,
Every Day,



DID YOU KNOW?

Foxtail millet is one of the oldest cultivated grains, grown for over 4,000 years.



RICE



THOoya MALLI RICE

HEALTH BENEFITS

Immunity & nerve strength

INGREDIENTS

Daily lunch, variety rice (Tamarind, Tomato, Lemon)

Net Wt.: 500g	1Kg	5Kg
MRP: ₹90	₹170	₹825



KICHILI SAMBA RICE

HEALTH BENEFITS

Diabetic friendly & easy digestion

INGREDIENTS

Daily lunch, Sambar sadam, Curd rice

Net Wt.: 500g	1Kg	5Kg
MRP: ₹80	₹150	₹725



THANGA SAMBA RICE

HEALTH BENEFITS

Skin glow & long lasting energy

INGREDIENTS

Daily lunch- "The beauty grain"

Net Wt.: 500g	1Kg	5Kg
MRP: ₹100	₹190	₹825



KARUPPU KAVUNI RICE

HEALTH BENEFITS

Powerful antioxidant i.e., high anthocyanin & weight loss

INGREDIENTS

Sweet puttu/ Healthy porridge

Net Wt.: 500g	1Kg	5Kg
MRP: ₹100	₹190	₹925



KAIKUTHAL RICE

HEALTH BENEFITS

High fiber & heart health

INGREDIENTS

Nutritional alternative to polished white rice

Net Wt.: 500g	1Kg	5Kg
MRP: ₹80	₹150	₹725



MAPILLAI SAMBA RICE

HEALTH BENEFITS

Physical stamina & Iron rich

INGREDIENTS

Hearty lunch, Idli/ dosa batter mix

Net Wt.: 500g	1Kg	5Kg
MRP: ₹90	₹170	₹825



ILLUPPAI POO SAMBA RICE

HEALTH BENEFITS

Joint pain relief & Immunity

INGREDIENTS

Variety rice, Medicinal kanji

Net Wt.: 500g	1Kg	5Kg
MRP: ₹100	₹190	₹925



SEERAGA SAMBA RICE

HEALTH BENEFITS

Rich in selenium & photonutrients

INGREDIENTS

Biriyani, Ghee rice, pulao

Net Wt.: 500g	1Kg	5Kg
MRP: ₹100	₹190	₹925



POONGAR RICE

HEALTH BENEFITS

Women's hormonal health, Iron & Vit B12

INGREDIENTS

Soft idli, soft dosa, porridge for mothers

Net Wt.: 500g	1Kg	5Kg
MRP: ₹90	₹170	₹825



KATTUYANAM RICE

HEALTH BENEFITS

Bone density & calcium support

INGREDIENTS

Kanji (Porridge), Adai, traditional health mix

Net Wt.: 500g	1Kg	5Kg
MRP: ₹90	₹170	₹825

Pure Rice,
Pure Goodness



BROWNIE



KARUPPU KAVUNI BROWNIE

HEALTH BENEFITS

Traditionally valued for strength and vitality.

INGREDIENTS

Karuppu Kavuni Rice Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹105



MAPILLAI SAMBA BROWNIE

HEALTH BENEFITS

Naturally rich in dietary fiber.

INGREDIENTS

Mappillai Samba rice Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹95



POONGAR BROWNIE

HEALTH BENEFITS

Provides natural nutrients from traditional rice.

INGREDIENTS

Poongar Rice Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹95



SAMAI BROWNIE

HEALTH BENEFITS

Rich in fiber and easy to digest.

INGREDIENTS

Little Millet (Saamai) Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹85



KUTHIRAIVALI BROWNIE

HEALTH BENEFITS

Naturally rich in dietary fiber.

INGREDIENTS

Barnyard Millet (Kuthiraivali) Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹85



KAMBU BROWNIE

HEALTH BENEFITS

Helps provide lasting energy and nourishment.

INGREDIENTS

Pearl Millet (Kambu) Flour, Cocoa & powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹75



VARAGU BROWNIE

HEALTH BENEFITS

Supports a balanced and healthy diet.

INGREDIENTS

Kodo Millet (Varagu) Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹85



SOLAM BROWNIE

HEALTH BENEFITS

Provides fiber and sustained energy.

INGREDIENTS

Sorghum (Solam) Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹85



KATTUYANAM BROWNIE

HEALTH BENEFITS

Rich in traditional rice nutrients and fiber.

INGREDIENTS

Kattuyanam Rice Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹95



RAGI BROWNIE

HEALTH BENEFITS

Rich in calcium and supports bone health.

INGREDIENTS

Finger Millet (Ragi) Flour, Cocoa powder, Flaxseed powder, Baking powder, Dark chocolate, Jaggery, Butter, Milk & Nuts/chocochips

Net Wt.: 90g
MRP: ₹80



Brownies with
Healthy Twist

COOKIES



SOLAM BUTTER COOKIES

HEALTH BENEFITS

Rich in fiber and supports digestive health.

INGREDIENTS

Sorghum (Solam) Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹90



KARUPPU KAVUNI BUTTER COOKIES

HEALTH BENEFITS

Rich in natural antioxidants.

INGREDIENTS

Karuppu Kavuni Rice Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹115



RAGI BUTTER COOKIES

HEALTH BENEFITS

Rich in calcium and supports bone health.

INGREDIENTS

Finger Millet (Ragi) Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹90



KATTUYANAM BUTTER COOKIES

HEALTH BENEFITS

Rich in fiber and traditional rice nutrients.

INGREDIENTS

Kattuyanam Rice Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹105



MAPILLAI SAMBA BUTTER COOKIES

HEALTH BENEFITS

Traditionally valued for strength and vitality.

INGREDIENTS

Mapillai Samba Rice Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹105



KUTHIRAIVALI BUTTER COOKIES

HEALTH BENEFITS

Naturally rich in fiber and supports digestive wellness.

INGREDIENTS

Barley Millet (Kuthiraivali) Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹90



SAMAI BUTTER COOKIES

HEALTH BENEFITS

Easy to digest and naturally nutritious.

INGREDIENTS

Little Millet (Saamai) Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹95



VARAGU BUTTER COOKIES

HEALTH BENEFITS

Supports a balanced and healthy lifestyle.

INGREDIENTS

Kodo Millet (Varagu) Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹95



POONGAR BUTTER COOKIES

HEALTH BENEFITS

Provides natural nutrients from traditional rice.

INGREDIENTS

Poongar Rice Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹105



KAMBU BUTTER COOKIES

HEALTH BENEFITS

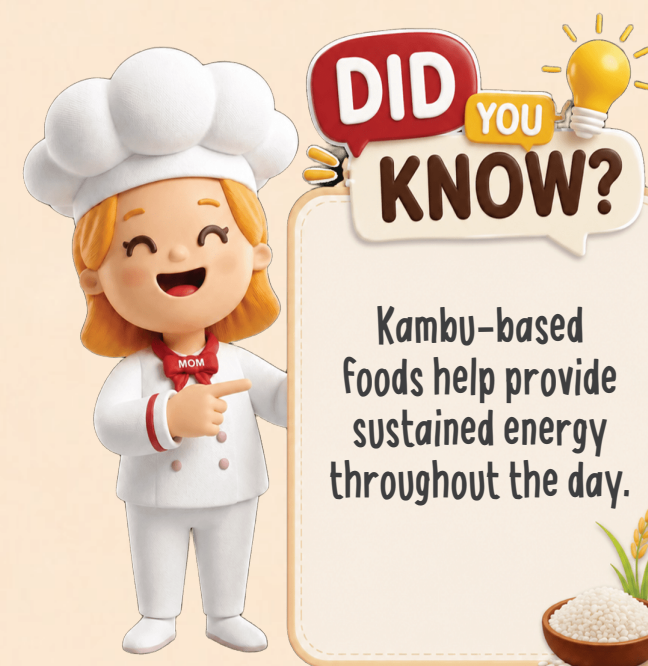
Helps provide sustained energy.

INGREDIENTS

Pearl Millet (Kambu) Flour, Wheat flour- 20%, Jaggery Powder, Butter, Milk & Nuts/ chocochips

Net Wt: 100g
MRP: ₹85

*Crunchy,
Tasty,
Nutritious*



LADDU



MAPILLAI SAMBA GHEE LADDU

HEALTH BENEFITS

Traditionally valued for strength and vitality.

INGREDIENTS

Mapillai Samba Rice Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹120



KUTHIRAIVALI GHEE LADDU

HEALTH BENEFITS

Naturally rich in dietary fiber.

INGREDIENTS

Barnyard Millet (Kuthiraivali) Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹105



VARAGU GHEE LADDU

HEALTH BENEFITS

Supports a balanced and healthy diet.

INGREDIENTS

Kodo Millet (Varagu) Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹105



POONGAR GHEE LADDU

HEALTH BENEFITS

Naturally nourishing and wholesome.

INGREDIENTS

Poongar Rice Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹120



KAMBU GHEE LADDU

HEALTH BENEFITS

Helps provide lasting energy and nourishment.

INGREDIENTS

Pearl Millet (Kambu) Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹95



RAGI GHEE LADDU

HEALTH BENEFITS

Rich in calcium and supports bone health.

INGREDIENTS

Finger Millet (Ragi) Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹100



KATTUYANAM GHEE LADDU

HEALTH BENEFITS

Rich in traditional rice nutrients.

INGREDIENTS

Kattuyanam Rice Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹120



KARUPPU KAVUNI GHEE LADDU

HEALTH BENEFITS

Rich in natural antioxidants.

INGREDIENTS

Karuppu Kavuni Rice Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹130



SAMAI GHEE LADDU

HEALTH BENEFITS

Rich in fiber and provides natural energy.

INGREDIENTS

Little Millet (Saamai) Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹105



SOLAM GHEE LADDU

HEALTH BENEFITS

Provides fiber and sustained energy.

INGREDIENTS

Sorghum (Solam) Flour, Bengal Gram, Peanuts, Jaggery, Cashewnuts, Ghee & Cardamon powder

Net Wt.: **150g**
MRP: ₹100



*Tiny Treats,
Mighty Benefits*

BUY 1*FREE

PICKLES

#Added Preservatives



CITRON PICKLE

HEALTH BENEFITS

Boosts immunity, and their ability to aid digestion and relieve acidity

INGREDIENTS

Citron pieces, Edible oil, Salt, Asafoetida, Red chilli powder, Turmeric powder, Mustard, Coriander, Fenugreek, Mixed spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹65 ₹150



LEMON PICKLE

HEALTH BENEFITS

Aid digestion, boost immunity, and support cardiovascular health

INGREDIENTS

Lime pieces, Edible oil, Salt, Asafoetida, Red chilli powder, Turmeric powder, Mustard, Fenugreek, Mixed spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹65 ₹150



MIXED VEGETABLE PICKLE

HEALTH BENEFITS

Gut health, antioxidants, and nutrient-rich ingredients

INGREDIENTS

Mixed vegetable, Edible oil, Salt, Asafoetida, Red chilli powder, Turmeric powder, Mustard, Jeera, Fenugreek, Mixed spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹65 ₹150



CUT MANGO PICKLE

HEALTH BENEFITS

Support digestion, boost immunity, and provide antioxidants

INGREDIENTS

Mango pieces, Edible oil, Salt, Asafoetida, Red chilli powder, Turmeric powder, Mustard, Fenugreek, Mixed spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹65 ₹150



MANGO THOKKU

HEALTH BENEFITS

Support digestion, boost immunity, and provide antioxidants

INGREDIENTS

Grated mango pieces, Edible oil, Salt, Asafoetida, Red chilli powder, Turmeric powder, Mustard, Fenugreek, Mixed spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹65 ₹150



MANGO GINGER THOKKU

HEALTH BENEFITS

Improved digestion, reduced inflammation and boosting immunity

INGREDIENTS

Mango Ginger, Edible Oil, Salt, Asafoetida, Red Chilli Powder, Turmeric Powder, Mustard, Fenugreek, Mixed Spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹90 ₹210



GARLIC PICKLE

HEALTH BENEFITS

Boost immunity and aid digestion, heart health, and anti-inflammatory processes

INGREDIENTS

Garlic, Tamarind paste, Edible oil, Salt, Asafoetida, Red chilli powder, Turmeric powder, Mustard, Ginger, Fenugreek, Mint, Mixed spices & Seasoning

Net Wt.: 100g 250g
MRP: ₹90 ₹210



VATHAL KUZHAMBU

HEALTH BENEFITS

Improving iron levels, boosting the immune system, aiding digestion and promoting heart health

INGREDIENTS

Sundakai vathal, Garlic, Tamarind paste, Curry leaves, Thoor dal, Chana dal, Black gram dal, Coriander, Edible oil, Salt, Asafoetida, Red chilli powder, Dried chillies, Turmeric, Onion, Jeera, Mustard, Fenugreek

Net Wt.: 100g 250g
MRP: ₹90 ₹210



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