

Jowar (Sorghum) flakes /Millets



Health benefits:

- **Rich in Fiber:** Jowar flakes are naturally high in dietary fibres, supporting healthy digestion and promoting gut health.
- **Heart-Friendly Grain:** Being low in cholesterol and rich in antioxidants, jowar helps support cardiovascular wellness.
- **Gluten-Free Nutrition:** An excellent gluten-free millet option for people with gluten sensitivity or those seeking healthier grain alternatives.
- **Energy & Satiety:** Packed with complex carbohydrates, jowar flakes provide sustained energy while helping you feel fuller for longer.
- **Mineral-Rich:** A good source of iron, magnesium, and phosphorus that contribute to overall vitality and metabolic health.

Simple, wholesome, and nourishing—jowar flakes bring the goodness of traditional millets to modern healthy eating.