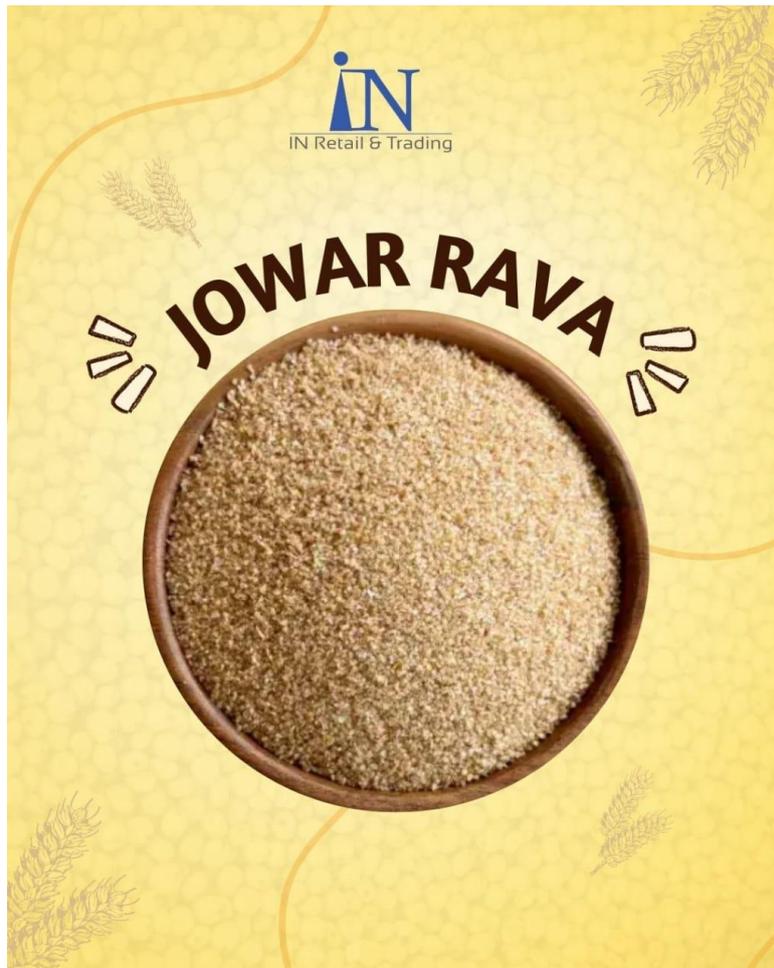


## Jowar Rava (millet semolina)



### Health Benefits:

- **Rich in Dietary Fiber:** Jowar rava supports healthy digestion and helps maintain gut health.
- **Gluten-Free & Wholesome:** A naturally gluten-free millet, making it a great alternative to refined grains.
- **Heart-Healthy Grain:** Low in cholesterol and rich in antioxidants that support cardiovascular wellness.
- **Sustained Energy:** Provides complex carbohydrates that release energy slowly, helping you stay active longer.
- **Nutrient-Dense:** A good source of essential minerals like iron, magnesium, and phosphorus for overall wellbeing.

*Nutritious, wholesome, and rooted in tradition—Jowar Rava brings the goodness of millets to everyday healthy meals.*