

Ragi Dosa Flour



Benefits:

- **Calcium-Rich Grain:** Ragi is one of the richest plant sources of calcium, supporting strong bones and teeth.
- **High in Dietary Fiber:** Helps improve digestion and promotes a feeling of fullness for better weight management.
- **Good for Blood Sugar Control:** The low glycaemic index of ragi helps support steady blood sugar levels.
- **Naturally Gluten-Free:** A healthy alternative for those looking to reduce or avoid gluten in their diet.
- **Rich in Iron & Nutrients:** Provides essential minerals and antioxidants that contribute to overall health and vitality.

Nutritious and wholesome, Ragi Dosa Flour brings the traditional goodness of millets to your daily meals