

## Ragi Idli Mix Flour



### Benefits:

- **Calcium-Rich Millet:** Ragi is naturally rich in calcium, helping support strong bones and overall skeletal health.
- **Good for Digestion:** High dietary fiber aids digestion and promotes a healthy gut.
- **Supports Balanced Blood Sugar:** Ragi has a low glycaemic index, helping maintain steady energy and blood sugar levels.
- **Naturally Gluten-Free:** A wholesome millet option for those seeking gluten-free and nutritious meals.
- **Rich in Iron & Nutrients:** Provides essential minerals and antioxidants that support overall health and vitality.

*Wholesome and nourishing, Ragi Idli Flour adds the goodness of millets to your everyday breakfast*