

# MAKHANA (FOX NUT)



These seeds are often used in quite a few Indian sweets and savouries like kheer, raita or makhana curry & are also eaten as an evening tea-time snack.

## HEALTH BENEFITS

- \* Anti-Aging
- \* Source of Energy
- \* Weight Loss
- \* Better Digestion



[Product Specification & Price >](#)

*All Herbs & Spices are available in Natural Form- Whole / Tea - Cut Size/ Fine Cut / Coarse Cut / Powder / Extracts-Spray Dried as per buyers specification.*

[Regular Product List >](#)

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