

CUMINS – BLACK PEPPER – DALIYA

CHANA DALIYA (BROKEN CHICKPEAS)

As a rich source of vitamins, minerals and fiber, chickpeas may offer a variety of health benefits, such as improving digestion, aiding weight management and reducing the risk of several diseases. Additionally, chickpeas are high in protein and make an excellent replacement for meat in vegetarian and vegan diets.



BLACK PEPPER

- Improves Digestive Health
- Prevents Cancer
- Lowers Blood Pressure
- Promotes Weight Loss
- Relieves Cold And Cough
- Fights Infections
- Has Antioxidant Benefits
- Improves Oral Health
- Enhances Brain Health

CUMIN SEEDS

- Promotes weight loss
- Improves digestion
- Prevents constipation
- Regulates blood sugar
- Protects heart and liver
- Cures common cold
- Improves sexual capability
- Regulate menstruation cycle
- Prevents insomnia and anemia
- Good for brain



TURMERIC -- CORIANDER -- RED CHILLI

TURMERIC POWDER

Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.



CORIANDER POWDER

Coriander has multiple health benefits. Coriander or cilantro is a wonderful source of dietary fiber, manganese, iron and magnesium as well. In addition, coriander leaves are rich in Vitamin C, Vitamin K and protein. They also contain small amounts of calcium, phosphorous, potassium, thiamin, niacin and carotene

RED CHILLI POWDER

With a high concentration of capsaicin, this flavourful spice does more than pack a punch. Here are five ways chili powders benefit you. Helps with Osteoarthritis: Chili powder can act as an anti-inflammatory agent, which helps decrease swelling of sore joints and increases blood flow.

