

Khapli Wheat – A Healthy and Natural Ancient Grain

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Address: **Patel Organix Pvt Ltd In Para, Opp. Ambaji Mata Temple, Chikhodra, Anand, G**
Price: **176.00 ?**

Khapli Wheat – A Healthy and Natural Ancient Grain: "Khapli wheat, also called Emmer wheat, is one of the oldest types of wheat grown in India. It is full of nutrients, naturally gluten free, and has a light nutty taste. This ancient grain is making a big comeback because it's easier to digest, rich in fiber, and provides long-lasting energy.

It's also packed with important minerals like magnesium, iron, and protein, making it a great choice for anyone who wants to eat healthy and naturally. Khapli wheat flour helps manage blood sugar levels and is suitable for people with diabetes. From soft rotis to tasty baked foods, it adds both nutrition and flavor - a perfect blend of traditional goodness and modern health. For more details, read the blog from Bharat Vedica - ""Why Nutritionists Prefer Khapli Wheat (Emmer Wheat) - Revealed""

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