



Laxmi Daily Feast Chia Seeds

Chia Seeds (*Salvia hispanica*) have become one of the most popular superfoods in the health community.

These tasty seeds are easy to digest when prepared properly and can be a very versatile ingredient that works well in a variety of recipes. Plus, they offer a long list of important nutrients, including fiber, protein, manganese and calcium, along with plenty of antioxidants and omega-3 fatty acids.



Chia Seeds
 Available: 100 GM, 200 GM



Laxmi Daily Feast Pumpkin Seeds

Pumpkin seeds also known as pepitas are fat, dark green seeds. Some are encased in a yellow-white husk (often called the "shell"), although some varieties of pumpkin seeds are without shells. Pumpkins seeds have a malleable, chewy texture and a subtly sweet, nutty flavor. While roasted pumpkins seeds are probably best known for their role as a perennial Halloween treat, these seeds are so delicious and nutritious, that they can be enjoyed throughout the year. In many food markets, pepitas are available in all of the forms described below raw and shelled, raw and unshelled, roasted and shelled, roasted and unshelled.



Pumpkin Seeds
 Available: 100 GM, 200 GM

Pumpkin Seeds

Roasted & Salted





Laxmi Daily Feast Sunflower Seeds

The sunflower seed is considered the fruit of the sunflower, consisting of edible kernels surrounded by a black shell. The seeds are pressed to extract their oil or dehulled and roasted or consumed as a popular snack. They can also be added to salads, bars, breakfast bowls and desserts to give dishes a crunchy and satisfying twist. They can also be used to produce sunflower butter, a popular allergy friendly alternative to nut butter made from peanuts or almonds.



Flax Seeds



Roasted & Salted

Sunflower Seeds

Available: 100 GM, 200 GM



Laxmi Daily Feast Flax Seeds

Flax seeds, sometimes called linseeds, are small, brown, tan or golden-colored seeds. In fact, linseeds or "flax seeds" are different names for the same seed. Flax seeds are a great magnesium; and plant-based protein.

Flax is one of the richest sources of plant-based omega-3 fatty acids, called alpha-linoleic acid (or ALA), in the world. Another unique fact about flax seeds is that they are the No. 1 source of lignans in the human diets; flax seeds contains about seven times as many lignans as the closed runner-up, sesame seeds.



Flax Seeds



Roasted & Salted

Flax Seeds

Available: 100 GM, 200 GM





Mix Seeds

Available: 100 GM, 200 GM



Watermelon Seeds

Available: 100 GM, 200 GM



Laxmi Daily Feast Quinoa

Quinoa - pronounced as "keen-wa" is a great wheat-free alternative to starchy grains. With twice the protein content of rice or barley, quinoa is also very good source of calcium, magnesium and manganese.

Quinoa goes well with many foods. It is an edible seed that has become increasingly popular among health-conscious people. It may improve your blood sugar and cholesterol levels and even aid weight loss. Quinoa is naturally glutenfree. Quinoa has high protein-to-carbohydrate ratio when compared with other grain products.



Quinoa
Available: 500 GM



Finger Millet/Ragi
Available: 200 GM



Dried Blueberries

Available: 100 GM, 200 GM, 500 GM



Dried Cranberries

Available: 100 GM, 200 GM, 500 GM



Dried Mixberries

Available: 100 GM, 200 GM, 500 GM