

WHY YOU SHOULD CONSIDER

# HUNGRY FOAL'S PANJEERI

## Nutrition Profile Report

### *A brief history of Panjeeri*

*Panjeeri is nutritious mix with its origins in Ayurvedic medicine. The ingredients help to promote circulatory and lymphatic flow (breastmilk production) and help clear the uterus and excess fluid from the mother's body after birth. It's comprised of dry fruits, nuts and spices and is considered a "superfood" while a new mom is recovering after giving birth when she needs to regain her strength and energy for her new born baby. The recipe of Panjeeri differs from family to family, but it typically contains a mixture of whole wheat or sooji, ghee, gondh (edible gum), almonds, cashew, walnuts, saunf, lotus seeds, cardamom and magar. Panjeeri is also known to cure minor backache pain. it contains healthy ingredients thus can be used as a snack without the fear of harming your body in any way.*

### KEY INGREDIENTS - HUNGRY FOAL'S PANJEERI



**Fox Nuts**

A good source of protein, carbohydrates, fibre, magnesium, potassium, phosphorus, iron, zinc, carbs and fiber, including the powerful fiber beta-glucan



**Almonds**

A Good source of vitamin E, copper, magnesium, and high-quality protein; they also contain high levels of healthy unsaturated fatty acids along with high levels of bioactive molecules (such as fiber, phytosterols, vitamins, other minerals, and antioxidants)



**Cashew**

A powerhouse of proteins and essential minerals including copper, calcium, magnesium, iron, phosphorus, potassium, and zinc. Cashews also contain vitamins such as vitamin C, vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6, folate, vitamin E (alpha-tocopherol), and vitamin K (phylloquinone). They are a source of oleic acid and provide a good quantity of monounsaturated fat and low amounts of polyunsaturated fats .



**Ghee**

According to ancient Ayurveda, ghee is full of essential nutrients, fatty acids, antibacterial, antifungal, antioxidants and antiviral properties.



**Gondh Katira**

Gondh Katira has many Nutritional and Ayurvedic benefits because it is rich in calcium, magnesium, and almost contains around 3 % of protein along with alkaloids. Gondh Katira serves for several health benefits, such as; prevent heart strokes, Good for pregnant women, urinary lewdness, health benefits for men, health benefits for women, provides energy, Good for Lactating mothers, Benefits for skin and beauty, good for constipation.

**Nutrition is for all, so is Hungry Foal !**

