



PANJIRI

PAKISTANI GRANOLA



Ingredients of Panjiri



LENTILS
دال

High In Fiber & Protein
High Nutrient Density
Better For Heart



LOTUS SEEDS
پھول مکھانہ

Rich In Nutrient
Anti Inflammatory
Low In Calories



MELON SEEDS
چار مغز

Nutrient Powerhouse
Heart Health
Digestive Support



ALMONDS
بادام

Blood Sugar Control
Brain Function
Better For Heart



GHEE
گھی

Rich In Healthy Fats
Lactose Free
Nutrient Absorbent



HERBAL GUM
گوند کتیر

Digestive Comfort
Anti Inflammatory
Respiratory Support



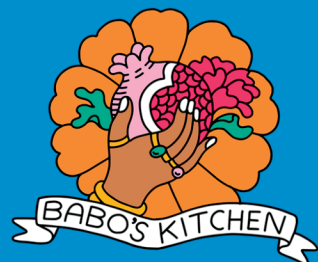
CANE SUGAR
شکر

Lower Glycemic Index
Less Refined
High Mineral Content



COCONUT
ناریل

Nutrient Rich
Hydration Support
Skin & Hair Care

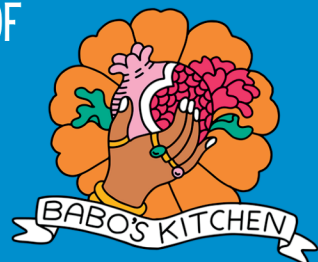


Benefits of Panjiri



For Mothers

- **RICH NUTRIENT PROFILE:** THE COMBINATION OF LENTILS, ALMONDS, AND SEEDS IN PANJIRI DELIVERS A WEALTH OF ESSENTIAL NUTRIENTS, INCLUDING PROTEIN, IRON, FOLATE, AND HEALTHY FATS. THESE NUTRIENTS SUPPORT THE INCREASED REQUIREMENTS DURING PREGNANCY AND BREASTFEEDING, AIDING IN MATERNAL HEALTH AND BABY'S DEVELOPMENT.
- **ENERGY AND SATIETY:** THE BLEND OF INGREDIENTS SUCH AS GHEE, COCONUT, AND BROWN CANE SUGAR PROVIDES A BALANCED MIX OF CARBOHYDRATES, HEALTHY FATS, AND NATURAL SUGARS. THIS HELPS MAINTAIN STEADY ENERGY LEVELS AND KEEPS HUNGER AT BAY, WHICH IS CRUCIAL FOR EXPECTANT OR NURSING MOTHERS.
- **LACTATION SUPPORT:** CERTAIN COMPONENTS LIKE TRAGACANTH GUM (COMMONLY USED IN PANJIRI) HAVE TRADITIONALLY BEEN LINKED TO IMPROVED MILK PRODUCTION IN NURSING MOTHERS. THESE INGREDIENTS, COMBINED WITH THE OVERALL NOURISHING NATURE OF PANJIRI, CAN POTENTIALLY ENHANCE MILK SUPPLY AND QUALITY.

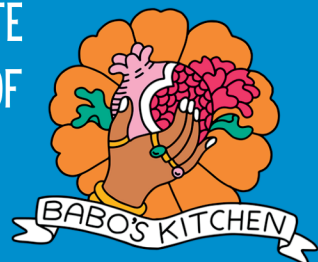


Benefits of Panjiri



For People of all ages

- **NUTRIENT-DENSE:** THE DIVERSE MIX OF INGREDIENTS IN PANJIRI PROVIDES A WIDE ARRAY OF ESSENTIAL NUTRIENTS, INCLUDING PROTEINS, HEALTHY FATS, VITAMINS, AND MINERALS. THESE COMPONENTS CONTRIBUTE TO OVERALL HEALTH AND WELL-BEING FOR INDIVIDUALS OF ALL AGES.
- **SUSTAINED ENERGY:** PANJIRI'S BALANCED COMPOSITION OF CARBOHYDRATES, FATS, AND PROTEINS OFFERS A STEADY RELEASE OF ENERGY. THIS IS PARTICULARLY VALUABLE FOR MAINTAINING OPTIMAL ENERGY LEVELS THROUGHOUT THE DAY, BENEFITING BOTH ACTIVE INDIVIDUALS AND GROWING KIDS.
- **VERSATILE NOURISHMENT:** THE ADAPTABLE NATURE OF PANJIRI MAKES IT SUITABLE FOR VARIOUS AGE GROUPS. WHETHER IT'S PROVIDING AN ENERGY BOOST FOR ADULTS, SUPPORTING GROWTH FOR CHILDREN, OR OFFERING NOURISHMENT DURING DIFFERENT LIFE STAGES, PANJIRI'S INGREDIENT COMBINATION CATERS TO THE NUTRITIONAL NEEDS OF EVERYONE.



Ways to eat



SNACK
EAT WITH A SPOON



SMOOTHIE BOWL
HEALTHY BREAKFAST



TOASTATIC
CRUNCH TO MUNCH



CHOCOLATE BARKS
YUM



SIDEKICK
TO YOUR HOT DRINKS



CHUNKY BANANA
PROTEIN SNACKS



GRANOLA
WITH YOUR OATMEAL



GARNISH
ON DESSERTS



COOKIES
WHY NOT!!!





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