

Horse Gram Sprout Soup 100g

Introducing Aapt Herbs' Nutrient-Rich Sprouted Horse Gram Soup: A Perfect Blend of Health and Taste! **Why Choose Aapt Herbs?** At Aapt Herbs, we believe in providing you with the finest and freshest ingredients sourced directly from farmers to ensure the highest quality in every pack. Our dedication to quality is unparalleled, and we go the extra mile to enhance both the taste and convenience of preparing your favorite delicacies. With us, you don't just get healthy products; you get tasty and incredibly convenient ones too. Don't just take our word for it—try all our products and experience the Aapt Herbs difference! **Key Features:**

1. **Nutrient-Rich Goodness:** Our Sprouted Horse Gram Soup is packed with essential nutrients. It is rich in carbohydrates and protein, making it a perfect choice for individuals looking to enhance their muscle strength and maintain healthy bones. Additionally, it contains traces of minerals like iron and calcium, ensuring your body receives the nourishment it deserves.
2. **Cholesterol Management:** Consuming horse gram has been associated with reducing LDL cholesterol levels and increasing HDL cholesterol levels, promoting a healthier cardiovascular system and aiding in weight loss.
3. **Blood Pressure and Blood Sugar Control:** The high dietary fiber content in horse gram helps in balancing blood pressure and glucose levels, making it an excellent choice for those seeking to manage their heart health and diabetes.
4. **Low in Lipids:** With a low lipid content ranging from 0.58% to 2.06%, our Sprouted Horse Gram Soup is ideal for those aiming to maintain a low-fat diet without compromising on taste.
5. **Easy Preparation:** Preparing a nutritious meal has never been this easy! Just take 1 and 1/2 teaspoon of our soup mix and mix it with 100ml of water. Boil it for 10 to 15 minutes over medium flame, and your wholesome, flavorful soup is ready to enjoy.
6. **No Compromise on Quality:** Aapt Herbs guarantees that our products contain no artificial preservatives or colors, ensuring you get a pure, natural, and healthy product every time.

Storage Instructions: To maintain the freshness and flavor, store our Sprouted Horse Gram Soup in a cool, dry place away from direct sunlight. Once opened, transfer the contents to an airtight container for prolonged shelf life. **Best Before:** Our product is best enjoyed within 10 months from the date of packaging, guaranteeing you the freshest and most delightful experience with every serving. Indulge in the goodness of Aapt Herbs' Sprouted Horse Gram Soup. Nourish your body, tantalize your taste buds, and experience the ease of healthy living. Order now and embark on a flavorful journey to wellness!

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Price: ₹220.00