

Solar Dried Moringa Leaves

₹499.00



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Nutritional Profile (per 100g):

- **Energy:** ~325 kcal
- **Carbohydrates:** ~50 g
- **Sugars:** ~7 g
- **Protein:** ~27 g
- **Fat:** ~6 g
- **Fiber:** ~19 g
- **Vitamin C:** ~17 mg
- **Calcium:** ~185 mg
- **Iron:** ~28 mg

Benefits:

Moringa leaves are a natural superfood, rich in protein, calcium, and iron. They help improve immunity, boost energy, and support overall wellness. Perfect for herbal teas, soups, smoothies, and daily nutrition.

Solar Dried Moringa Leaves & Powder

Nature's Green Superfood – Nutrient-Dense • Sustainable • Versatile

About the Product

Solar dried moringa leaves come from the **Moringa oleifera** tree, harvested fresh and dried using **natural solar dehydration** to preserve maximum nutrition without chemicals or high-heat processing.

Available as **whole leaves** or **finely milled powder**, this multipurpose superfood is rooted in **traditional wisdom** and supported by **modern nutrition science**.

Nutritional & Medicinal Benefits

- **Rich in Nutrients** – High in vitamins A, C, E, calcium, potassium & iron
- **Complete Plant Protein** – Contains all 9 essential amino acids
- **Powerful Antioxidants** – Quercetin, chlorogenic acid, beta-carotene for skin health & anti-aging
- **Anti-inflammatory & Antimicrobial** – Supports immune health & joint function
- **Blood Sugar & Cholesterol Support** – Traditionally used to balance glucose & improve heart health
- **Gut & Digestive Health** – High fiber aids digestion & detoxification

Culinary Use Cases

Indian Cuisine

- **Curries & Gravies** – Add to dals, sambhar, spinach gravies for extra nutrition
- **Theplas, Chapatis & Parathas** – Mix powder into dough for vitamin-rich flatbreads
- **Herbal Chutneys & Pickles** – Blend with chilies, garlic, tamarind for tangy, nutritious spreads
- **On-the-Go Snacks** – Fortify granola, roasted seed mixes, or energy balls
- **Ready-to-Eat Meals** – Enrich instant soups, poha, or upma mixes

Mediterranean Cuisine

- **Salads & Mezze** – Sprinkle dried leaves on tabbouleh, Greek salads, or hummus
- **Herb Mixes** – Combine with thyme, oregano, rosemary for seasoning blends
- **Savory Bakes** – Add to focaccia, pita dough, or savory muffins
- **Smoothies & Soups** – Blend into gazpacho, yogurt dips, or tzatziki

Broader Applications

- **Travel, Hiking & Trekking** – Lightweight, shelf-stable nutrition
- **Functional Beverages** – Teas, detox drinks, lattes
- **Nutraceuticals & Supplements** – Capsules, protein blends, immunity powders
- **Animal Nutrition** – Added to poultry & livestock feed as a natural protein source

Medicinal & Traditional Uses

- **Ayurvedic & Siddha** – Balances vata & kapha, supports digestion & anemia recovery
- **Mediterranean Remedies** – Traditionally used for joint health & vitality
- **Postpartum Recovery** – High in iron, calcium & protein for new mothers

Packaging Options

- **Forms Available** – Whole Leaf | Powder

- **Retail Packs** - 100g | 200g | 500g | 1kg
- **Bulk Supply** - Private label & wholesale options
- **Packaging** - Resealable, food-grade, moisture-proof pouches

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