

## Makhana is your go to snack, if you are looking at Weight Management

Makhana, also known as fox nuts or water lily seeds, is a popular snack in India that offers a variety of health benefits. Rich in fiber, protein, and antioxidants, makhana can be a valuable addition to a weight management



## MAKHANA



### Nutritional Profile of Makhana:

A 100-gram serving of makhana typically contains:

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**Calories:** Approximately 370 calories

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**Protein:** Around 18 grams of protein

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**Fiber:** Approximately 6 grams of fiber

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**Carbohydrates:** Approximately 370 calories

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**Fat:** Approximately 1 gram of fat

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### How Makhana Helps with Weight Management:

#### Promotes satiety

The fiber content in makhana helps you feel full for longer, reducing overall calorie intake.

#### Low in calories

Makhana is a low-calorie snack, making it a great alternative to high-calorie snacks.

#### Nutrient-dense

Makhana provides essential nutrients without adding excessive calories.

#### Can help manage cra-

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# Practical Makhana Recipes

## Makhana and Vegetable Stir-Fry

Sauté makhana with your favorite vegetables like beans, carrots, and bell peppers. Season with ground chillies, ginger, and garlic.



## Makhana and Fruit Salad

Toss roasted makhana with chopped fruits like apples, bananas, and muskmelons. Add a dash of lime and honey for extra zing

## Makhana Khichdi

Cook makhana with vegetables like potatoes, carrots, and peas. Season with cumin seeds, turmeric, and salt.



## Makhana Ladoo

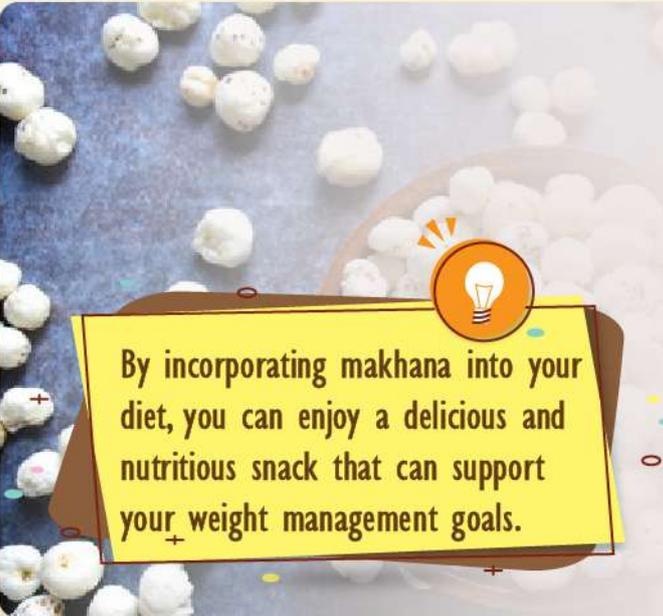
Combine roasted makhana with palm jaggery, ghee, and cardamom powder. Shape into small balls and roll in coconut flakes.

## Tips for Incorporating Makhana into Your Diet:

**Roast makhana:** Roasting makhana enhances its flavor and adds a satisfying crunch.

**Use as a topping:** Sprinkle makhana over salads, soups, or oatmeal for an extra boost of nutrients.

**Experiment with flavors:** Try different seasonings and spices to find your favorite makhana combinations.



By incorporating makhana into your diet, you can enjoy a delicious and nutritious snack that can support your weight management goals.

For doubts and queries, please reach out: [wellness@quadratyx.com](mailto:wellness@quadratyx.com)