

Organic Lentil



Lentil colors range from yellow to red-orange to green, brown, and black. Lentils also vary in size and are sold in many forms, with or without the skins, whole or split. Pulses are also known as legumes or lentils. Pulses are eaten almost on a daily basis in many countries and ethnicity. It is a good source of proteins, dietary fiber, vitamins, and carbohydrates. Studies reveal that a daily intake of pulses reduces cholesterol and can also result in a 20% decrease in the risk of coronary heart disease.

Packing



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