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# GROCERIES



## DALS & PULSES



### URAD DAL WHITE/ MINAPA PPU - 1000G

Pureland Harvests Urad Dal White: Premium organic Urad Dal for authentic Indian flavor, high protein, and versatility.

[Read More](#)

**SKU:**  
PLH-0491  
**Price:**  
₹320.00



### MOONG DAL / PESARA PAPPU - 500G

Nutrient-rich Moong Dal: High protein, fiber, antioxidants for optimal health and culinary delight.

[Read More](#)

**SKU:**  
PLH-0337  
**Price:**  
₹160.00



### MOONG DAL / PESARA PAPPU - 1000G

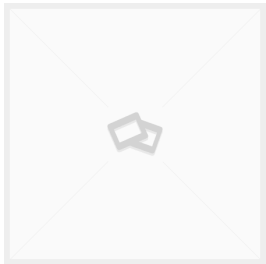
Unpolished Moong Dal: 100% natural, protein-rich, and fiber-packed for a healthy and flavorful culinary experience.

[Read More](#)

**SKU:**  
PLH-0336  
**Price:**  
₹320.00



## RAVA & FLOURS



### WHEAT RAVA - 500G

Pureland Harvests Wheat Rava: Organic, sustainable, high-quality semolina for culinary delights.

[Read More](#)

**SKU:**  
PLH-0513  
**Price:**  
₹65.00



### FINGER MILLET RAVA - 500G

Finger Millet Rava: The gluten-free superfood packed with fiber, protein, iron, and calcium for optimal health and well-being.

[Read More](#)

**SKU:**  
PLH-0205  
**Price:**  
₹75.00



### FINGER MILLET RAVA - 1000G

Gluten-free, high-fiber Finger Millet Rava for modern nutrition, supporting weight management, digestion, and overall well-being.

[Read More](#)

**SKU:**  
PLH-0204  
**Price:**  
₹145.00



### FINGER MILLET FLOUR - 500G

Gluten-free Finger Millet Flour: Rich in fiber, iron, calcium, and antioxidants for modern nutrition.

[Read More](#)

**SKU:**  
PLH-0202  
**Price:**  
₹58.00

