

Fox Nuts, also known as Makhana or lotus seeds, come from a plant called Euryale Fox which grows in the stagnant water of wetlands, tanks, ponds lakes and ditches. Its health benefits are superior to those of dry fruits such as almonds and walnuts. Makhana seeds can be eaten raw, roasted or ground. The nutrients contained are the super source for vitamin, mineral and fiber while the medical properties have been proven to be beneficial for diabetic patient and those who have hypertension history. Lets see some of the amazing health benefits of Makhana Fox Nuts here on this page.

Health Benefits of Makhana Fox Nuts

Fox Nuts or Makhana Benefits: They very good source of protein, carbohydrates, fibre, magnesium, potassium, phosphorus, iron and zinc. Lotus seeds are also rich in calcium. Making sure that your body has enough calcium to support your daily activity Phool Makhana is a good snack as well as a good source for calcium. Lotus seeds benefit the spleen, kidney, and heart. They are beneficial to those suffering from high blood pressure, heart diseases and obesity due to their high magnesium and low sodium content. Ayurvedic beliefs suggest that fox nuts astringent properties that benefit the kidneys.

In men, consuming phool makhana is able to enhance their sex life due to the increasing of sperm quantity while in women consuming phool makhana could help them increasing their fertility too. It is a highly regarded herb for restoring sexual vigor and youthful energy in older men. Makahan Benefits in digestion. It is also helps your respiratory system, veins and digestion. It contains an anti-aging enzyme, which is said to help repair damaged proteins. Makhana are recommended for diabetics too due to their low glycemic index. Lotus seeds contains aphrodisiac properties.

Health Benefits of Makhana during Pregnancy, fox nut are very important to pregnant woman. The high nutrients contained in phool makhana are good for pregnant woman who is facing high risk of gestational diabetes, hypertension and the high calcium contained in phool makhana is very good for the fetal development. High in fiber and low in fats are two benefits of phool makhana. Fiber could help in metabolism system and make your stomach feel full while low fat is a quality of snack everybody will look for during weight loss diet program. It also reverses the aging process over a period of time.

Uses of Makhana

Makhana seeds can be eaten raw, roasted or ground. Soaked in water overnight, it can be added to soups, salads or other gravy dishes. The puffed seeds are also used in kheer, puddings and dry roasted snacks. It can also be ground and added to soybean, bajra and jowar flours to prepare gluten-free, protein-rich rotis. The seeds of phool makhana are commonly used to make delicious popcorn, in which you can add flavor of your choice like honey, butter, salt, etc. Snacks made with this are extremely healthy, light and digestible. Mix little bit of oil and spices to enjoy the yummy, time pass snacks.