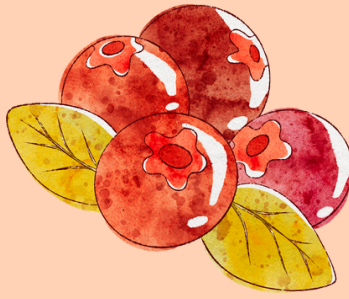


Haritachala Bakery

CRANBERRY ANDHRA PACHADI



#HEALTH IN A PLATTER



Cranberry Andhra Pachadi beautifully represents our essence – a fusion of rich Telugu culinary heritage and contemporary western upbringing. Cranberries, native to North America, offer distinct health benefits when grown and consumed locally, ensuring better assimilation into our bodies.

Consuming seasonal fruits aligns with healthier living principles, and in this harmonious marriage of flavors, we spotlight locally-sourced ingredients.



BENEFITS



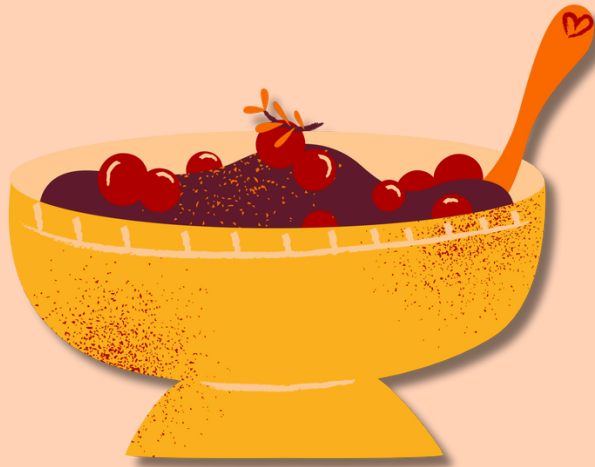
- Rich in Vitamin C: Enhances immunity and overall health.
- Contains antioxidants (flavonols and anthocyanins): Protect against oxidative damage to cells.
- Anti-inflammatory compounds: Help reduce conditions like arthritis.
- Prevent urinary tract infections and stomach ulcers: Inhibits H. pylori bacteria from attaching to the stomach lining.
- Heart health: Lowers LDL cholesterol and increases HDL cholesterol.
- Improves eyesight: Contains vitamins such as C, K, E, manganese, B vitamins, and copper.

HISTORICAL USES



- Native Americans and early settlers: Used to treat bladder and kidney diseases, and heal arrow wounds.
- Early English settlers: Used for treating blood disorders, scurvy, and stomach pain.
- Reduces bacteria buildup in the mouth: Lowers risk of gum disease and cavities.
- Unsweetened cranberry juice: Commonly recommended to prevent urinary tract infections due to antibacterial properties.

HOW TO ENJOY



- Pair it with dosa, idli, or vada for a tangy twist.
- Swap it for your regular pachadis for a vitamin packed punch.
- Spread it on bread or use as dip for a zesty snack.
- Serve as a flavorful accompaniment with pappu and curd rice.
- Mix it into steaming hot rice, drizzle ghee on top, and savor true Andhra bliss!

INGREDIENTS

Cranberries, Sunflower Oil, Jeera, Mustard
Seeds, Red Chillies, Curry Leaves, Turmeric,
Garlic, Hing Powder, Salt, Methi Seeds,
Karam Podi

CONTACT

To pre-order, please contact us at
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@haritachalabakery