

# 5 Reasons Why Traditional Chakki Atta Is A Must Have In Your Kitchen



Earthy Tales- Organic Food Store



Experience the magic of  
natural milling

## STONE GROUND FLOURS

crafted to perfection for a taste like no other.

- HEALTHIER
- SUSTAINABLE
- CERTIFIED ORGANIC



## Buy Traditional Chakki Atta

An Indian kitchen is incomplete without atta. It's an essential ingredient that goes with every cuisine or recipe. Since it's largely used to make rotis, which is an essential part of our daily meals, one must pick it up in the right manner. Atta is mostly derived from wheat to make paranthas, rotis, naan, etc. But there are two types of wheat flour available nowadays. One is normal flour-milled atta, and the second is fresh stone-milled flour. The former is mostly taken from the process of a roller mill, and the latter is derived from the traditional stone grinding technique that generates less heat and is higher in nutrition. That's why the organic online food store Earthy Tales offers a wide range of whole wheat flour online to amplify the taste, nutrition, and flavor of your daily meals. You can easily [buy traditional chakki atta](#) online from the store without beating around the bush.

## What's The Traditional Chakki Atta?

The traditional chakki atta is considered highly fresh and full of nutrients. It is prepared using the traditional technique of chakki millstone, which grinds

whole wheat grains slowly at a very nominal temperature compared to modern roller mills. The traditional process helps to preserve more nutrients, aroma, flavor, and taste.

## 5 Reasons To Buy Traditional Chakki Atta

- **Nutrition content**

Traditional fresh stone-milled flour is much more nutritious than regular roller-milled atta. Since it generates less heat, it retains many nutrients during the grinding process, unlike a roller mill. So, if you want your regular roti to be more nutritious, then you must pick traditional chakki atta.

- **Flavorful**

No doubt, traditional chakki atta has a flavor that you can't get in normal refined atta produced via roller mills. This is because chakki millstone can preserve the aroma of the wheat followed by the natural oils during the process, unlike roller mills.

- **Finer Texture**

When you check the texture of chakki fresh atta, it is much finer than regular atta. The finer texture helps the atta to knead and roll out in a better manner, which will eventually make your rotis more flavorful and softer.

- **Effective for Weight Loss**

Chakki fresh atta is rich in Vitamin B1, which further helps to regulate metabolism and increase stamina to perform daily tasks effectively. Hence, it

can increase energy levels and daily activity, which will eventually help in losing weight.

- **Rich source of magnesium and protein**

When you buy traditional chakki atta, you get over 300 enzymes for the production of insulin and glucose secretion. This process further helps to regulate healthy blood sugar levels in the body and proves to be a boon for diabetic patients.

## **How To Get The Fresh Chakki Atta in Delhi, NCR?**

Earthy Tales, a leading organic food online store, offers a premium range of organic [whole wheat flour online](#) in Delhi, NCR, and other parts of the country. The brand is committed to bringing about an organic revolution in the country by promoting organic farming and organic food. It gives you an opportunity to buy traditional chakki atta prepared from organic wheat grains that are taken from organic farms. The organic fresh chakki atta doesn't contain any additives, artificial flavors, colors, or stimulants. The best part is that all the organic food items are free from harmful chemicals and fertilizers, bringing the freshness of nature to every Indian kitchen.

At Earthy Tales, you can find a versatile range of traditional stone-ground flours prepared via an age-old stone milling technique. Whether it's organic makki atta online in Delhi or fresh stone-milled flour, the brand offers the purity of nature with dense nutrients without any compromise on quality.

# About Earthy Tale

Founded in 2017 by Deepak Sabharwal, an ex-TATA, GE and Pepsi alumni, Earthy Tales is NCR's most loved community led organic food brand, which works with organic farming communities to promote natural farming and city communities to increase awareness about Clean, Chemical free food.

Deepak quit his corporate life of 20 years to make our soils and food plate free of pesticides as Earthy Tales purpose.

You can read his inspiring story on:

[theorganicmagazine.com/meet-the-plantpreneur/deepak-sabharwal-some-earthy-tales](http://theorganicmagazine.com/meet-the-plantpreneur/deepak-sabharwal-some-earthy-tales)

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