



Char Magaz is a combination of four seeds/nuts: Almonds, Pumpkin seeds, Cantaloupe Seeds and Water melon seeds

Literally translated: Char means 4, and Magaz means intelligence. This is believed that ingestion of this combination results in brain development and rejuvenation. This is primarily used in Rajasthan area. Char Magaz is used to make Thandai, Bhang, as well as sweets. Char Magaz is also consumed by nursing mothers in the belief that essentials will be passed through milk to babies for their brain development. There may be some truth to this. Almonds and Pumpkin seeds are high in fatty acids that are good for building and maintain parts of the brain.

A readymade assortments of munching nuts.

Charmagaz is a mix of 4 types of seeds, melon, watermelon and pumpkin and cucumber, as far as I know.

Charmagaz (dried melon seeds) can be used to add flavour and a bit of 'crunch' to a range of mithai (sweets) such as badam, pista, and khaju