

Lotus Seeds



These seeds are most commonly sold in the shelled and dried form. Raw lotus seeds are low in saturated fat, cholesterol, and sodium, and are a good source of protein, thiamin, magnesium, phosphorus, potassium, and manganese. Dried lotus seeds past their prime oxidize to a yellow brown color. However, some sellers of dried lotus seeds bleach their products with hydrogen peroxide, sodium hydroxide, or other more toxic chemicals.

Dried lotus seeds must be soaked in water overnight prior to use. In India, the dried seeds are called "Makhana" in Hindi and they are used to make makhane ki kheer, a type of milk pudding. In Manipur, the North-East Indian state, lotus seeds are locally known as thamchet and are eaten raw.