

GUPCHUP.

EATING PANI PURI IN MODERATION CAN PROVIDE A QUICK ENERGY BOOST DUE TO ITS CARBOHYDRATE-RICH PURIS AND FILLING, WHILE THE TAMARIND WATER AIDS DIGESTION. HOWEVER, IT'S TYPICALLY ENJOYED AS A TREAT RATHER THAN A HEALTH FOOD.



GUPCHUP.

MASALA PURI IS A STREET FOOD DISH MADE WITH CRUSHED PURIS TOPPED WITH A SPICY, FLAVORFUL GRAVY OF PEAS, POTATOES, AND SPICES. IT'S GARNISHED WITH ONIONS, TOMATOES, SEV, AND A SQUEEZE OF LEMON FOR A TANGY KICK.



GUPCHUP.

DAHI PURI IS A POPULAR INDIAN SNACK MADE BY FILLING CRISPY PURIS WITH SPICED MASHED POTATOES, CHICKPEAS, AND YOGURT, TOPPED WITH TAMARIND CHUTNEY, SEV, AND CHAAT MASALA. IT'S A FLAVORFUL MIX OF SWEET, TANGY, AND SPICY TASTES.



GUPCHUP.

PAPDI CHAAT IS A CRISPY SNACK MADE WITH FRIED PAPDIS (FLAT PURIS) TOPPED WITH BOILED POTATOES, CHICKPEAS, YOGURT, TAMARIND CHUTNEY, AND SPICES. IT OFFERS A DELICIOUS COMBINATION OF CRUNCHY, TANGY, AND SWEET FLAVORS.

