

# Monthly Newsletter

## April / May - 2023



INTERNATIONAL YEAR OF  
**MILLETS**  
2023

#Akshayatritiya



## Happy Akshaya Tritiya

Let's celebrate Akshaya Tritiya with the goodness of millets! Our brand has delicious and nutritious millet snacks and meal options to nourish your body.

**Nutrimillets®** - tradition of healthy food products made with love and care.

  | [NutriMilletsTreats](#)

Millets and Nutrimillets wishes you unlimited taste, health and happiness!



Developed by Food &  
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

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**Vidya Gunturkar - Joshi**  
**Founder NMFPL**

## PREFACE



परंपरा का स्वाद, सेहत के साथ

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Dear Readers, stakeholders, supporters, team MTHF and well wishers,

Welcome to the 21<sup>st</sup> NMFPL newsletter.

In next couple of months, we will complete two years of sharing and connecting together.

We find this long journey very enriching and fruitful. We have received compliments, comments, suggestions and feedback about the contents and features of this newsletter. We are happy that you find this newsletter good enough to go through and comment.

We are connecting with Agencies like APEDA, NAFED, Military canteen and other entities to boost our presence.

On the product development front, we are working on extrusion products and will soon launch it in the market.

By Aug 2023, we will move in the industrial area and our Pvt Ltd company will take the business ahead. I will keep you posted on the developments .

Please do write us to share the feedback on the newsletter on [milltes.treats@gmail.com](mailto:milltes.treats@gmail.com).

Best regards

*Vidya Gunturkar - Joshi*



## BENEFITS OF BAJRA Part II

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Pearl Millet commonly known as Bajra in Hindi. Key health benefits of bajra/ pearl millets –



**Stabilizes Cholesterol levels in the body** - Bajra contains a phytochemical called phytic acid which increases cholesterol metabolism. Being high in fiber, Bajra reduces Bad cholesterol (LDL) and increases the effects of Good Cholesterol (HDL).

**Treats iron deficiency Anaemia** - High Iron and Zinc content in Bajra helps in increasing haemoglobin. People with iron deficiency Anaemia must include Bajra in their diet to overcome the problem.

**Aids in weight loss** - Pearl millet can aid the process of weight loss as it is high in fibre content. Owing to its fiber content it takes longer for the grain to move from the stomach to the intestines. This way, pearl millet satiates the hunger for a long period and thus preventing overeating.

**Protects Gut Health** - Pearl millet is one of the very few foods that turn the stomach alkaline and prevents the formation of stomach ulcers or reduces the effect of ulcers. The high fiber content in pearl millet is also known to reduce the risk of gall stone occurrence. The high fiber content in Bajra relieves constipation. Bajra can be used in treating Diarrhoea.

**Protects bone health** - Due to high phosphorous content, Bajra is very beneficial for bone growth and development. The antioxidant property of Bajra helps to cure bone inflammations thus very good for arthritis patients.



# SORGHUM GULAB JAMUN

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## Ingredients

- Sorghum Flour – 100g
- All purpose flour (Maida) – 100g
- Paneer – 100g
- Dried evaporated milk solids (Mawa / Khoya) – 200g
- Baking Soda – 2g
- Milk – 100g
- Sugar – 100g
- Cardamom – 2-3 (powder)
- Oil for frying



## Process

- In a bowl, take paneer and khoya. Knead to mix well.
- Once a homogenous mixture is ready, add sorghum flour, maida and baking soda. Mix well.
- Slowly add milk to this mixture and knead well to make a dough. Cover it and keep it aside.
- On a medium flame, put a pan on the gas, add 100g sugar and add 10 ml water to it. Sugar will start melting and form a syrup (Chashni).
- Once it starts boiling, add cardamom powder. Cook for a minute and keep aside for cooling.
- Take a 100g oil for frying in a deep frying pan. Once oil become hot, make small balls of the dough and fry until dark brown in color. Keep the flame on medium.
- Transfer the fried Gulab Jamun to sugar syrup and keep it there for at least 30-40 Minutes.
- Serve with Ice cream or Pakoda.



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THANK YOU!!

Let's make it together!!



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