



परंपरा का स्वाद, सेहत के साथ

Developed by Food &  
Nutrition Experts

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# Monthly Newsletter Aug - 2023



# moha®

COMING SOON

*moha:*

*Foot Care Cream*

# STAND

ON YOUR FEET 2023

EMPOWERING WOMEN ENTREPRENEURS

In India 14% of  
Entrepreneurs are Women.  
Want to be 1 of them?

PARTICIPATE & STAND A  
CHANCE TO GET A GRANT OF

**15** FOR YOUR  
LAKHS BUSINESS

STAY TUNED FOR  
MORE UPDATES

**Vidya**

Winner 2022

@Nutrimillets

**Nayantara**

1<sup>st</sup> Runner-Up 2022

@Vidyadhara

Great opportunity to win a grant for your business.  
Go for it!



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## PREFACE



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

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

Welcome to the 23<sup>rd</sup> NMFPL newsletter.

2023 is declared as the International Year of Millets (IYoM) by the UN and FAO. Since 2020, we are promoting millets on all the available platforms. Millets are super foods or nutritive cereals. They have all the essential nutrients required for the overall well being but also the best weapon to fight against the life style diseases. They are good as a sustainable food and an option for food security.

Keeping all these points in mind we are planning for the two sessions, one for the health professionals and another for farmers, on health and wealth benefits of millets.

We are working closely with the like minded organizations and govt machineries for the same. First week of September is known as nutrition week and we have planned some activities as well. I will keep you posted on the developments as usual.

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*



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## BENEFITS OF RAGI



### RAGI

Millet or Ragi as commonly known is regularly used in the South kitchens. It's in fact the staple diet in many villages across South India!

Ragi porridge (kanji) or Ragi balls which is quite popular there.

Here are some reasons why you must include ragi in your diet

- Ragi is rich in calcium. Instead of popping a pill, you can as well substitute that with ragi kanji. Boil a glass of water, put a spoon of ragi flour into boiling water, add a little salt and let it cool. Drink it with a pinch of salt and butter milk. This will not just cool your body, but also gives you strength and cools your body.
- Ragi is best for weight loss. Make ragi balls and substitute this for rice. You will soon notice the difference.
- Ragi cherry is one of the best semi-solid foods that you give your kid before you get him used to solid food. It's the best baby food in India to give make kids strong.
- Ragi is also a rich source of fiber and helps lower cholesterol level.
- Ragi is best food for weight control, diabetes and a cooling the body.
- With its cost-effectiveness, ragi is definitely a health food.



# MILLET AWARENESS CAMP AADHAR OLDAGE HOME

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An awareness camp in association with Save Food Committee at Satara Parisar, Chhatrapati Sambhaji Nagar.

They felicitated me for my contribution on promoting millets.





# MILLET AWARENESS YESHSHREE PRESS COMPS PVT LTD

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**Mr. Milind Kank, MD, M/s Yeshashree Press Comps Pvt Ltd** gave us an opportunity to serve **Nutrimillets** Products for their employees at B-42, Waluj MIDC Unit. Around 50 employees enjoyed the millet idli and appe and appreciated the products as well.

Thank you Milind sir for the opportunity!





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## MILLET AWARENESS SIDDHI SANGEET VIDYALAYA

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My School Friend and Sister in Law **Mrs Ashwini Sardeshpande** runs a **Siddhi Sangeet Vidyala** at Thakre Nagar CIDCO, Sambhaji Nagar and she invited us to create awareness on millet products on the occasion of Guru Pournima Mahotsav.

Her students presented various songs on this occasion. Got the opportunity to offer Nutrimillets Masala Idli to one and all present there. Thanks Ashwini for this opportunity.





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# COOKING WITH NUTRIMILLETS



## APPAM MIX

(Paniyaraam / Guntapangalu)

Ready to cook instant mix of millets  
with lentils to make soft Appe

**Makes 30-35 Appe. Serves 5-6**

मिलेट्स और दाल के नरम और ट्रांसफैट  
फ्री अप्पम तुरंत बनने के लिए तैयार।

**30-35 अप्पे बनाता है. 5-6 लोगों के लिए**

**Ingredients-** Urad Dal (Polished Split Black Gram), Jowar (Sorghum), Ragi (Finger Millet), Bajra (Pearl Millet), Iodized salt, Sugar, Raising agent - E-500(II), and Acidifier -E-300

### Recipe (बनाने की विधि)



1



2



3



4



5

**Taste Maker-** Make a paste of 4-5 green chillies, 8-10 curry leaves and coriander leaves. The quantity of the ingredients may vary as per your taste.

**टेस्ट मेकर-** 4-5 हरी मिर्च, 8-10 करी पत्ते और धनिया पत्ती का पेस्ट बना लें. सामग्री की मात्रा आपके स्वाद के अनुसार अलग-अलग हो सकती है।

**Batter preparation-** Mix NutriMillets Appam Mix with lukewarm water in a bowl. Mix it thoroughly so that no lumps are formed. Add taste maker to this batter.

**बैटर बनाने की विधि-** न्यूट्रीमिलेट्स अप्पम मिक्स को एक बाउल में गुनगुने पानी के साथ मिलाएं। इसे अच्छी तरह मिलाएं ताकि कोई गांठ न बने। इस बैटर में टेस्ट मेकर डालें।

**Setting-** Cover the mixture and keep it in warm and dry place for 20 minutes.

**सेटिंग-** मिश्रण को ढककर 20 मिनट के लिए गरम और सूखी जगह पर रख दीजिए।

**Steaming-** Steam it in Appam Patra for 20 minutes.

**स्टीमिंग-** इसे अप्पम पात्र में 20 मिनट के लिए स्टीम करें।

**Serving-** Serve with chutney and Sambar

**सर्विंग-** चटनी और सांबर के साथ सर्व करें।

### APPAM MIX

- Good as a pre / post workout food
- Protein and Fiber rich breakfast
- No Transfats
- No preservatives
- Easy to cook

### अप्पम मिक्स

- प्री/पोस्ट वर्कआउट फूड के रूप में अच्छा है
- प्रोटीन और फाइबर से भरपूर नाश्ता.
- कोई ट्रांसफैट नहीं
- कोई प्रिज़रवेटिव नहीं
- बनाने में आसान





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THANK YOU!!

Let's make it together!!



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