



परंपरा का स्वाद, सेहत के साथ

Monthly Newsletter Dec- 2023

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers



Gluten-free



Best Plant-Based
Protein Source



Aids in
Weight Loss



Health Benefits of Pearl Millet



Treats Iron
Deficiency Anemia



Reduces Blood
Sugar Levels



Rich in
Antioxidants



Enriched with
Vital Nutrients



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PREFACE



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Vidya Gunturkar - Joshi
Founder NMFPL

Dear Readers, stakeholders, supporters, team NMFPL and well wishers, Welcome to the 28th NMFPL newsletter.

Participating in exhibitions and events can significantly benefit businesses, and Nutrimillets Foods Pvt Ltd is thrilled to engage in the Sports and Nutrition Expo at Moshi, Pune

These platforms offer invaluable opportunities for brand exposure, allowing Nutrimillets to showcase its products and innovations directly to a targeted audience.

The events foster direct interactions with potential customers, enabling real-time feedback and market insights.

The Sports and Nutrition Expo attract health-conscious individuals, creating a prime environment for Nutrimillets to position itself as a leader in nutritious foods.

We are currently developing millet-based, preservative-free pre and post-workout food specifically designed for athletes and sports enthusiasts.

We are on the verge of launching a comprehensive one-stop-shop for millet foods. Additionally, we are excited to announce the upcoming introduction of millet-based beverages to our product lineup.

Stay tuned for updates as we share more details soon.

Please do write us to share the feedback on the newsletter on nutrimillets.foodspl@gmail.com.

Best regards

Vidya Gunturkar - Joshi



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MILLET AWARENESS Sports and Nutrition Expo Moshi, Pune

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MILLET AWARENESS

Gifting Nutrimillets Products

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Mrs. Archana Yeole, a senior official at LIC, has undertaken a thoughtful initiative to share millet products with her colleagues on her birthday. She generously distributed 150 gift bags, each containing gluten-free products.

The **Nutrimillets** team expresses heartfelt gratitude for this impactful social initiative and extends **warm birthday wishes to Mrs. Archana Yeole.**



Such gestures not only promote healthy eating but also foster a sense of community and well-being. We appreciate her dedication to promoting wellness within her professional circle.



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NUTRIMILLETS FOR WINTER Nutrimillets Laddu



Millet helps keep your body warm in winter. Millet roti(bhakri), ghee and jaggery are the most common foods in rural areas. The body needs more heat in winter days and so it has a good effect. People who work hard benefit from it.

Nutrimillets Laddu are made from Jowar, Ragi, Chana Dal, Cow Ghee, Dry Fruits and cardamom.

Millets -have complex carbohydrates that release energy slowly, providing a steady source of warmth to the body.

Cow Ghee - According to Ayurveda, cow ghee is believed to have warming properties, making it suitable for the winter season to help keep the body warm.

Jaggery - is a natural sweetener, and its consumption is believed to generate heat in the body.

Dry Fruits - Dry fruits are rich in natural sugars, healthy fats, and fiber, providing a quick and sustained energy boost.

Chana dal - is rich in protein, which is essential for maintaining muscle mass, promoting satiety, and providing sustained energy.

COOK WITH NUTRIMILLETS

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NUTRIMILLETS DHOKLA



Instructions for preparing **Nutrimillets** Dhokla Mix:

- Empty the **Nutrimillets** Dhokla Mix into a bowl.
- Gradually add lukewarm water to the mix, creating a consistent paste.
- Optionally, enhance the flavor by incorporating a paste of green chillies, coriander leaves, curry leaves, ajwain, and jeera.
- Thoroughly mix the ingredients and let the batter rest for 15 minutes.
- Once rested, pour the dhokla batter into a dhokla pot.
- Steam the dhokla until it is cooked through.
- Garnish the prepared dhokla with fresh coriander leaves.
- Serve the dhokla with fried green chillies and your choice of accompaniment, such as tomato sauce or tamarind and pudina chutney.

Enjoy this delightful and nutritious **Nutrimillets** Dhokla as a flavorful snack or part of a wholesome meal.



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THANK YOU!!

Let's make it together!!



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