

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021

Monthly Newsletter Jun-2022



परंपरा का स्वाद, वेहत के साथ

Developed by Food &
Nutrition Experts

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॥जय हरी विठ्ठल ॥

आषाढी एकादशीच्या हार्दिक शुभेच्छा !



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PREFACE

Vidya Gunturkar - Joshi
Director NMFPL

Dear Readers, stakeholders, supporters, team MTHF and well wishers,
Welcome to the thirteenth NMFPL newsletter.

July marks the start of rains – Varsha Ritu. As per Ayurveda during this season, Vata and Pitta dosha gets aggravated and this is the root-cause of various diseases and conditions.

Today's lifestyle is so fast and stressful that the transition of seasons pose lot of health problems to many of the people. One has to achieve the fine balance of the food, and lifestyle to maintain a healthy body constitution. Of course, along with food (read diet) exercise is also important.

This season accounts for loss of appetite and use of millets with spices will not only act as an appetizer but also can be a good food option.

We will also celebrate Ashadhi Ekadashi this month. This will remind us about our religious duties and surrender to Lord Vitthal. While all of us will observe a fast on this day, we are sharing recipe of rajgira Laddu to make at home.

This newsletter also has some inputs about the rainy season and health conditions in this newsletter. We hope that you will find this information useful.

We thank for your support and seek continuous patronage in future.

Please do write us to share the feedback on the newsletter on milltes.treats@gmail.com.

Best regards

Vidya Gunturkar - Joshi

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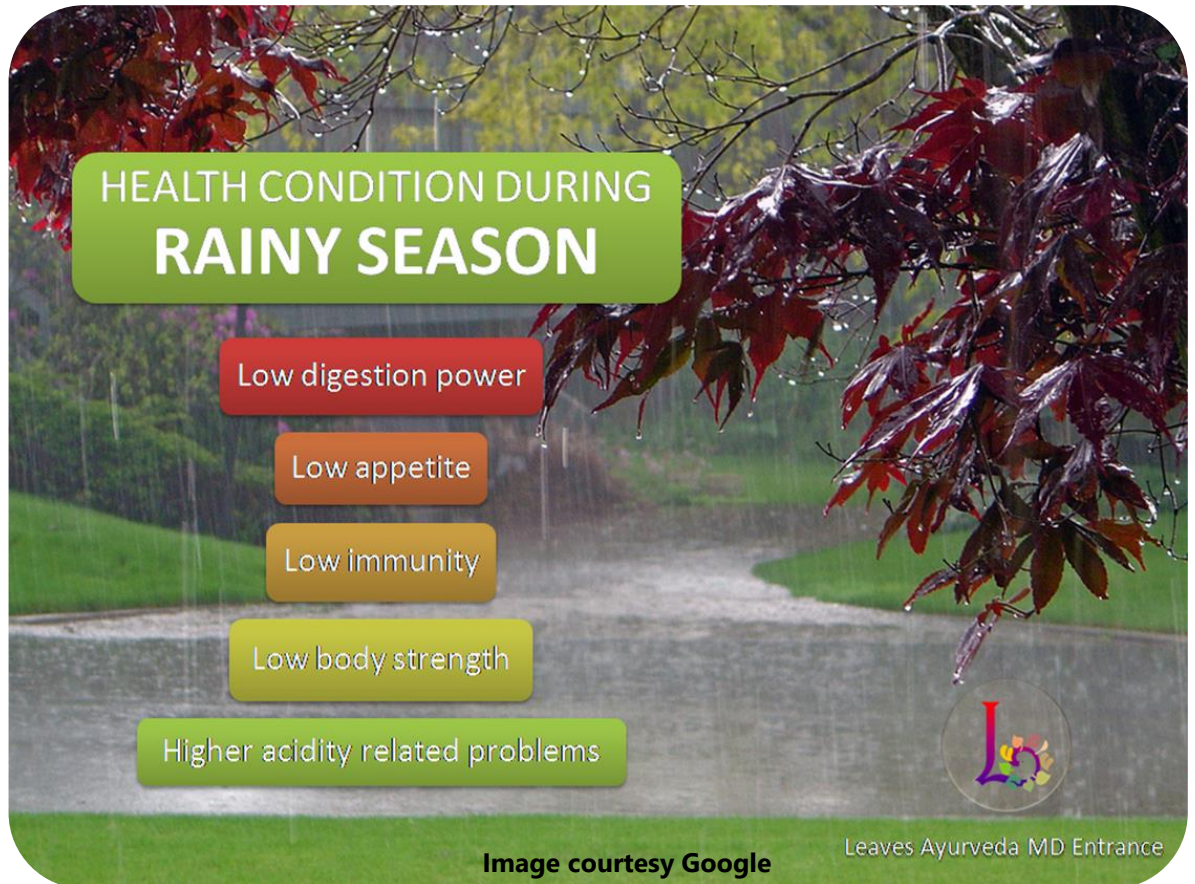


पदार्थ का स्वाद, शरीर के साथ

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Rainy Season Tips



Food and Diet

- Eat Easily digestible, hot and light food
- Use boiled water for drinking. Avoid drinking river water
- Leafy vegetables should be sparingly used.
- Ginger, black pepper, lemon can be used to promote better digestion.
- Pulses, soups, old grains and millets can be taken with food.

Routine

- If possible, have oil massage before bath.
- Avoid following
 - sleeping at day time,
 - exertion and
 - too much exposure to sunlight.
- Take care of feet

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Amaranth (Rajgira) Laddu



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Ingredients i-

- Rajgira (Amaranth) 150gm (1 Cup)
- Gud (Jaggery) - 250gm (1 Cup)
- Ghee – 2-3 Teaspoons
- Raisins- 2 Tablespoon (Optional)
- Cashew Nuts 2 Tablespoon (Optional)



Directions -

- Pop the Amaranth grains in a vessel / pot having a thick base
- Clean the raisins and cashew nuts
- Grate the jaggery and add to a heavy bottom pan. Add a tablespoon of water.
- Dissolve the jaggery and make a hard ball brittle consistency.
- Filter this syrup in case any impurities are found
- Add popped Rajgira, cashew and raisins to it and mix well.
- Take out the pan from the gas stove.
- Wet the hands with a teaspoon of water and start making small laddus from this mixture
- Keep these laddu in an open air for 2-3 hrs and then transfer to an airtight container.
- Your home made healthy Rajgira Laddu are ready to eat.

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EAT HEALTHY



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Sweet laddus were never so sweet for health...



Made from

- Jowar (Sorghum)
- Ragi (Finger Millet)
- Bajra (Pearl Millet)
- Cow Ghee
- Jaggery
- Cashew Nuts
- Almonds

NutriMillets – replace junk food products with tasty and healthy millet products



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THANK YOU!!

Let's make it together!!



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