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## Monthly Newsletter May-2022



Every success story is a tale of constant  
adaption, revision and change – *Richard  
Branson*

We are now  
M/s Nutrimillets Foods Pvt Ltd  
(NMFPL)

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## INDEX

Sr. No.	Contents	Page No
1	Preface	3
2	Millets in News	4
3	Ragi Health Drink recipe	5
4	Eat Healthy	6



**Vidya Gunturkar - Joshi**  
**Director NMFPL**

## PREFACE

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

New financial year and new Marathi Year have started on a great note for us. We are now Private Limited firm and ready to scale new heights with the support of stakeholders like you.

We are gearing up ourselves for the upcoming international millet year and will be launching couple of new products soon.

The products will include noodles, sweet flakes like corn flakes and chocolate bars and will be launched under the private limited firm. We are working on the millets ice cream as well and recipe will be finalised in the coming month.

We are also consolidating on the products and soon will have a fixed line of products for MTHF and NMFPL.

I sincerely hope that with your support and encouragement, **NutriMillets®** will soon become the talk of the town.

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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## MILLETS IN NEWS

### **Centre looks to brand 'India-grown' millets for global market**

The country is now looking to raise output and branding of "India-grown" millets to drive exports and tap into a growing global market.

India, a major producer of millets, had formally requested the UN in 2018 to declare 2023 as the global year of millets, which was approved at the UN General Assembly this year.

The country is now looking to raise output and branding of "India-grown" millets to drive exports and tap into a growing global market

*Centre looks to brand 'India-grown' millets for global market | Latest News India - Hindustan Times*

### **60 millet incubation centres in Karnataka to boost business, exports**

With the state producing 40 per cent of the millets grown in the country, the Central Food Technological Research Institute (CFTRI) has plans to increase incubation millet centres to 60 to give budding entrepreneurs a conducive atmosphere.

Karnataka state government has announced a Centre for Excellence in millets and the building will be ready with new incubation facilities when the International Year of Millets is celebrated in 2023.

Food processing industry is the highest employment generator and there is huge scope as the world is looking for vegetarian proteins.

4

*60 millet incubation centres in Karnataka to boost business, exports- The New Indian Express*

## RAGI HEALTH DRINK RECIPE

### Ingredients

- Ragi Grains - 50g
- Coco Powder - 30g
- Dates powder / Powdered Jaggery – As required
- Milk - 100 ml

### Method:

1. Roast the ragi grains on a low flame for 5-10 minutes. Keep aside and cool.
2. Then grind it to a fine powder and sieve
3. Add dates powder / Jaggery Powder and cocoa powder to it and grind again
4. Sieve for one more time and transfer the contents to the air tight container
5. Take -10-15 gm of powder in a cup.
6. Add 100ml milk (hot or cold as per your choice) to it and stir well and serve

You may add the dry fruit's powder or fruits to it for a taste.

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# EAT HEALTHY



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## Nutri Cereals - Millets



- Sorghum (jowar), pearl millet (bajra), finger millet (ragi) and other coarse staples are now called as “nutri-cereals”.
- Millets are very high in their nutrition content like rich in B vitamins, calcium, iron, potassium, magnesium, zinc, also gluten-free and has low-GI (Glycemic index).
- They are suitable for people having allergies/intolerance to wheat.
- For life style diseases like diabetic, weight loss millets are excellent foods.

**NutriMillets** – Its time to relish the superfoods - millets

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THANK YOU!!

Let's make it together!!



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