

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021




परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers


Monthly Newsletter Nov-2021



**SHUBH
DIWALI**

Sky full of fireworks,
Mouth full of sweets;
House full of diyas and
a heart full of joy.
We Wish You A
Happy and Prosperous Diwali!

Vidya, Sachin and NutriMillets Family



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WWW.CREATECUSTOMWISHES.COM

Happy Diwali!!



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Vidya Gunturkar - Joshi
Founder MTHF



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PREFACE

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

Dipawali is one of the Queen of the festivals in India. Indeed it's a combo pack of multiple festivals which offers us opportunity to reinvest in our relationship and find out time for our near and dear ones. During Dipawali we cherish all the professional relations like clients, vendors, suppliers etc., social relationships like friends and neighbours and family relationships like mother, daughter, wife, sister, niece, cousins etc. Dipawali gives our sense of belongingness, deepens our social bonds and gives us materialistic pleasures and religious satisfaction.

Since childhood, I always waited for Dipawali for multiple reasons may it be fire crackers or Dipawali sweets or get together of cousins. Various Dipawali snacks made by maternal and paternal aunts were so mouth watering and delicious that we get scold many a times for eating them frequently and covertly.

Typical Marathi Dipawali Faral (Snacks) are now replaced with corporate gifts like dry fruits, chocolates and many other things. It may be convenient to offer but lacks a traditional feature.

We have also brought the **NutriMillets®** Corporate Gift Box – **Shubh Dipawali Box** which have Dipawali snacks made from millets. Taste, health and tradition, all together in a box. Please call us for the details.

I thank you for your support and wish you all a very happy, prosperous and joyful Dipawali.

May Lord Shri Ganesha and Shri Mahalaxmi bless you and your family abundantly.

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

Best regards

Vidya Gunturkar - Joshi

CORPORATE GIFT BOXES



शुभ दिपावली





NutriMillets® Shubh Dipawali Box Contents

- ▶ Thalipeeth Mix - 250gm -1 Packet
- ▶ Idli Mix - 250 gm - 1 Packet
- ▶ Lahi Mix - Sweet (Sorghum Pops Flours) -200 gm - 1 Packet
- ▶ Cookies (Jeera Flavour) 200gm-1 Packet
- ▶ Garlic Masala Shev - 200gm -1 Packet
- ▶ Mix Farsan Chivda - 200gm - 1 Packet
- ▶ Laddu - 250gm-1 Packet

Net Weight : 1550 gm
 MRP (Inclusive of all taxes) : Rs.505/-
 MFD : Refer Individual Packs for details
 Batch No :

Store in a cool and dry place away from heat and light.
 Once the pack is opened, store it in an air tight container

 Reg. No.: 21520277000168    

Free

- ▶ 4 Diyas (Herbal Powder)
- ▶ 2 Perfumed Oil Sachets
- ▶ 1 bath Soap

Manufactured With Quality Assurance at
Millets Treat Health Foods
 Plot No. 1, Shri Madhuban Teacher's Cooperative Housing Society, Shahanoorwadi,
 Aurangabad, Maharashtra -431005. ☎9421991551
 Share your experience / recipe with us 📍 NutriMillets Kitchen 📧 millets.treats@gmail.com 📱 @nutrimilletstreats

Corporate Gift box with personalised messages and branding options.
 Customizations are available.

Minimum Order quantity – 100 Box

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MILLET BENEFITS

	Beneficial in detoxifying body
	Lowers bad cholesterol level
	Prevents onset of breast cancer
	Helps to prevent type 2 diabetes
	Effective in reducing blood pressure
	Helps to protect against heart diseases
	Aids in treating respiratory conditions such as asthma
	Helps to optimize kidney, liver and immune system health
	Reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer
	Eliminates problems like constipation, excess gas, bloating and cramping

Nutrients*
Carbohydrate 27%
Protein 26%
Calories 18%
Dietary Fiber 11%

Vitamins*
Thiamin 26%
Niacin 22%
Folate 20%
Vitamin B6 18%

Minerals*
Copper 35%
Phosphorus 27%
Magnesium 26%
Iron 16%

*% Daily Value per 100g. For e.g. 100g of millet provides 35% of daily requirement of copper

Image courtesy www.organicfacts.net

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COOKING WITH NUTRIMILLETS®

NUTRIMILLETS® LAHI MIX SPICED



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200gm Flour

Preparation time – 10 minutes

Ingredients

- **NutriMillets®** Lahi Mix - Spiced Pack
- Curd, curry and coriander leaves
- Green / Red chillies, mustard seeds and oil for Tadka

RECIPE

1. Take out NutriMillets® Lahi Mix - Spiced in a bowl.
2. Add sweet / sour curd as per your choice
3. Your complete meal is ready in minutes



VARIATIONS –

1. **Tadka** – Take oil in a pan, add mustard seeds to it. Once these seeds crack add coriander and curry leaves with green / red chillies as per your taste. You can keep the consistency thick or thin as per your choice



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2. **Chakali / Sev** – Make a medium thick dough and make a Chakali /Shev from the extrusion mold. The thalipeeth mix has Kasuri Methi and that gives a unique tinch to the shev or Chakali. Serve hot with tomato sauce.



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It's not just the food we eat....

**धर्मार्थकाममोक्षाणा
आरोग्यं मूल उत्तमम् ।**

(Charak: Sutra 1.15)

Good health is prerequisite for attaining
Dharma, Artha, Kama and Moksha.

धर्म, अर्थ, काम और मोक्ष की सिद्धि के लिए आरोग्य
(स्वस्थ शरीर) आधार है ।

* images courtesy google

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THANK YOU!!

Let's make it together!!



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@nutrimillets



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<https://nutrimillets.business.site>