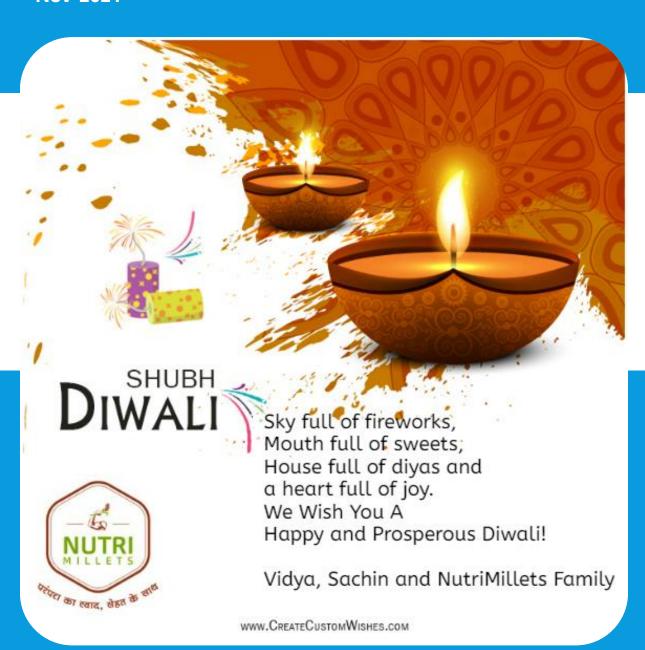




0% Gluten | Rich in Protein | High Fibers

Monthly Newsletter Nov-2021



Happy Diwali!!





0% Gluten | Rich in Protein | High Fibers

INDEX

Sr. No.	Contents	Page No
1	Preface	3
2	Corporate Gift Box	4
3	Benefits of Milltes	5
4	Cooking with NutriMillets®	6
5	Know your Food	7





0% Gluten | Rich in Protein | High Fibers

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, nice, 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



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

Minimum Order quantity – 100 Box







0% Gluten | Rich in Protein | High Fibers

MILLET BENEFITS



Image courtesy www.organicfacts.net



COOKING WITH NUTRIMILLETS® NUTRIMILLETS® LAHI MIX SPICED



200gm Flour Preparation time – 10 minutes

Developed by Food &
Nutrition Experts

O% Gluten | Rich in Protein | High Fibers

Ingredients

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

RECIPE

- 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 –

 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



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.



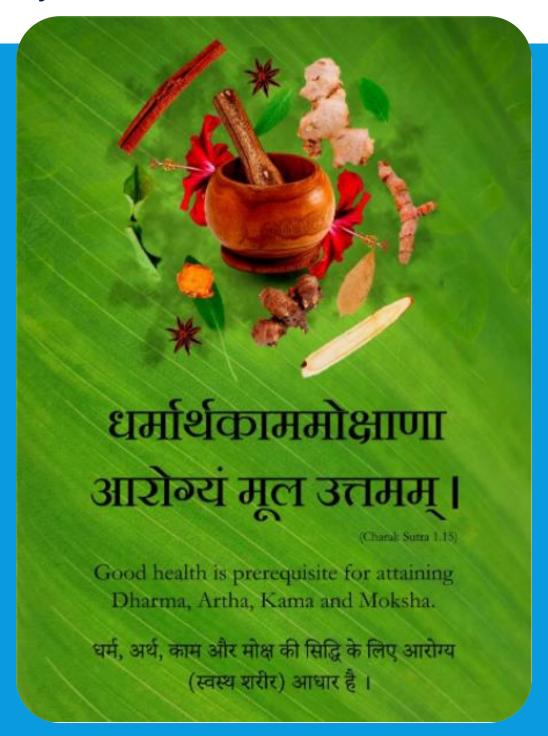
6





0% Gluten | Rich in Protein | High Fibers

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



^{*} images courtesy google





0% Gluten | Rich in Protein | High Fibers

THANK YOU!!

Let's make it together!!





@nutrimilletstreats



9421991551





@nutrimillets Millets.treats@gmail.com



https://nutrimillets.business.site