

WINNER



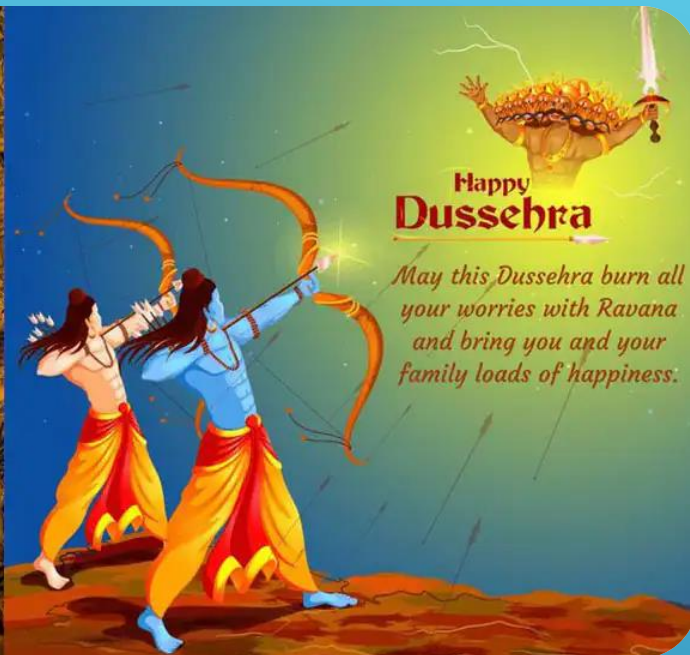
INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021



Monthly Newsletter Oct / Nov - 2022

Developed by Food &
Nutrition Experts

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Happy
Dussehra

May this Dussehra burn all
your worries with Ravana
and bring you and your
family loads of happiness.



दिवाळीच्या हार्दिक
शुभेच्छा

सस्नेह नमस्कार,
दिपावलीच्या आजपासून ते भाऊबीज पर्यंतच्या,
साजरा होत असलेल्या आनंदमयी, उत्साही,
मंगलमय पर्वानिमित्त आपणास व आपल्या
परिवारास मनःपूर्वक हार्दिक शुभेच्छा...!



October is a double delight
Happy Dussehra and Diwali to all of You!



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PREFACE



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Vidya Gunturkar - Joshi Founder NMFPL

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

Month of October is the full of festivities. Month will start with the victory of good over the evil – Dussehara and will end with the biggest festival of the nation – Diwali.

The joy and celebration would be obviously double and so are the sweet dishes. After the festivities, most of the weight watchers feel guilty of deviating from the diet regimen. Looking at the such population, we have decided to come up with the Diwali Gift Hampers. These gift hampers will have traditional Diwali products but all made from millets.

Nutrimillets®-A healthy, tasty and guilt free way of consuming favorite Diwali snacks.

We continued spreading a word about the health benefits of millets and conducted a first ever millet meet up in Aurangabad on 1st of October. Students, research fellows, agriculturists, business women, nutritionists, dietitians, food technologists, ayurvedic doctor, general people and professors attended this meet up.

We were fortunate to be the part of Mahila Kiasan Diwas Celebration at MANAGE Hyderabad and we also got the opportunity to share our business experience as well.

Upcoming International Year of Millets is creating pool of opportunities for the millet producers and processors. Govt of India is taking many steps to strengthen millet businesses and creating awareness among people about health benefits of millets. We will keep you updated on the developments on this part.

I am optimistic that you will like this newsletter. I thank for your support and seek continuous patronage.

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

Best regards

Vidya Gunturkar - Joshi



MILLETS MEET UP 01/10/2022 Aurangabad



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Expert Speakers



Mrs. Vidya Joshi addressing the meet up



Millet admirers



MAHILA KISAN DIWAS 15/10/2022 MANAGE, Hyderabad



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Expert Speakers



Experience Sharing



Felicitation by the Hands of DG MANAGE, Hyderabad





Customized Gift Boxes for Diwali



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Contents

1. Mixed Millet-Jaggery-Dry Fruit Laddu
2. Idli Mix
3. Namkeen Cookies
4. Masala Sev
5. Chivda

It was our second attempt to make the Gift box for Diwali. The idea was well supported by our customers, friends and well wishers.

We sold 100 boxes in 5 days.
Thank you all for your support!



VALUED CORPORATE CLIENTS

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Sold
101
Boxes



Nutrimillets®
Gift baskets



Nutrimillets®
Gift Boxes



Sorghum Halwa (Sheera)

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Indulge your mid-morning, evening, dinner or lunch sweet craving with this low sodium, low carb, zero trans fat, gluten-free and super grains Maharashtrian dessert that's decadent in the taste and rich in its nutrient content.

Jowar Halwa recipe is an excellent source of Energy that packs power into your daily indulgence.

Ingredients -

- Sorghum Flour – 1 cup;
- Jaggery – ½ cup
- Dry fruits – 1- 2 table spoon (optional)
- Ghee (Clarified Butter)- 3Tsp
- Cow Milk – ¼ Cup



Directions -

- Keep a pan on the gas stove and roast the jowar flour till it gives nice aroma. Keep the flame on medium.
- Remove from the pan and transfer to a bowl
- In the same pan , add ghee, and jaggery
- Then add roasted jowar flour with cow milk with constant stirring. Stir well so that no clumps are formed
- Cook it well till it become soft for around 5-10 min.
- Cover it, keep for 5-10 minutes and serve with dry fruits.
- Tasty and healthy Halwa is ready.



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THANK YOU!!

Let's make it together!!



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