

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

Feb - 2023



Corporate gifts from Nutrimillets®

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

INDEX

Sr. No.	Contents	Page No
1	Preface	3
2	Benefits Of Jowar	4
3	Unit Visit	5
4	Guest Lecture	6
5	Gallery	7
6	Team	9
7	Cooking With Nutrimillets®	10



PREFACE



परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Vidya Gunturkar - Joshi
Founder NMFPL

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

New calendar year has started with many good things for us. We are now a team of 5 from team of 2 and also have a dedicated social media manager. These developments were possible because we got the support from Moha award.

We are coming up with the new packing of ready to eat products and will soon be shifting to new premises.

We have also finalized couple of new machines and will be purchasing them in this month.

We are looking forward to expansion in the cities like Nagpur, Nashik, Pune, Mumbai and Thane and have got some very good resources to materialise.

We are going with great enthusiasm this year and seek your support and continuous patronage.

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

Best regards

Vidya Gunturkar - Joshi

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021

BENEFITS OF JOWAR



परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Jowar is rated among the top five healthy grains in the world.

Here we bring to you a long list of benefits that jowar provides:



Improves digestion

Jowar contains a good amount of fibre, around 48 per cent of what is required by our body on daily basis. Fibre adds bulk to the stool and thus helps it pass smoothly through the digestive tract. As jowar helps in digestion it prevents problems like gas, bloating, constipation and diarrhoea.

It fights against free radicals

Jowar (sorghum) has a layer which contains anti-cancer properties and also fights the free radicals which are responsible for pre-mature ageing.

Boosts immunity

Jowar contains magnesium, copper and calcium which helps in making bone and tissues strong. Jowar also contains iron which helps to increase the red blood cells. All this in turn improves our immunity.

Improves heart health

As we have already mentioned jowar is rich in fibre, it helps to lower the LDL (bad cholesterol) and in turn reduces the chance of heart diseases including stroke.

Continued.....



UNIT VISIT



परंपरा का स्वाद, सेहत के साथ

Developed by Food & Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Second and Third year students of the Yash Institute of Pharmacy visited our Unit.

They were keen to know the process of making various products of Millets and have been curious to know about the opportunities in food business. We were more than happy to answer to their questions. Our sincere thanks to the management of Yash Institute Of Pharmacy for the opportunity!



Latitude: 19.854937
Longitude: 75.339052
Elevation: 584.81±31 m
Accuracy: 14.9 m
Azimuth: 235° (SW)
Pitch: -8.1° (-1.2°)
Time: 01-07-2023 12:15

Powered by AngleCam



GPS Map Camera

Aurangabad, Maharashtra, India

V83Q+XPX, Gadiya Vihar Road, Shiv Nagar, Shivraj Colony, Mayurban Colony, Sahanoorwadi, Aurangabad, Maharashtra 431005, India

Lat 19.854977°

Long 75.338977°

07/01/23 01:46 PM GMT +05:30





GUEST LECTURE



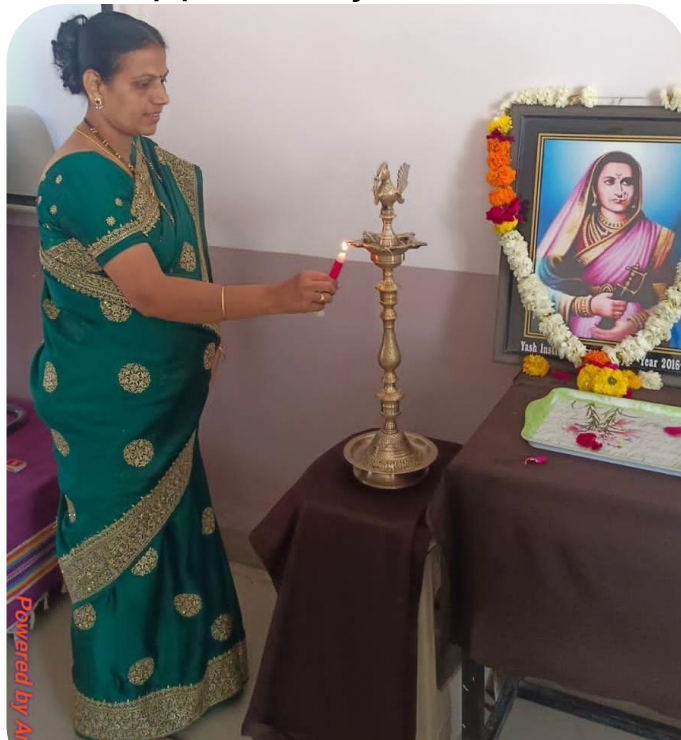
परंपरा का स्वाद, सेहत के साथ

Developed by Food & Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Got the opportunity to interact with the students of Yash Institute of Pharmacy. I was invited for the guest lecture and shared my experience with the students.

They were keen to know my entrepreneurial journey and asked many questions out of curiosity. I thanks the management of the institute for this opportunity.



Latitude: 19.844291
Longitude: 75.271107
Elevation: 529.22±12 m
Accuracy: 77.7 m
Azimuth: 103° (E)
Pitch: -5.1°
Time: 01-12-2023 11:30

Powered by AngleCam



GALLERY

Developed by Food & Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Get together of Udyam Vipra group at Pune.



With Mrs. Sayali Mutalik
Founder of Udyam Mitra
and a Serial Entrepreneur



With Ms. Sonali Kochrekar
Sonali Consumer Products



With the fellow participants of the Udyam Vipra group

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021

GALLERY



परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers



With
Mr. Prabhakar
Muley
Dy Collector,
Aurangabad



Ms. Deepa
Mudholkar
– Munde,
CEO
CIDCO



TEAM

Developed by Food & Nutrition Experts
0% Gluten | Rich in Protein | High Fibers



With Mr. and Mrs. Mhaske. Mrs. Kavita Mhaske helps in production and Mr. Satish Mhaske helps in sales



Mr. Aditya Doifode – Social Media Manager

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021

COOKING WITH NUTRIMILLETS®

NUTRIMILLETS® APPAM (GUNTA PANGALU)



Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers



250gm Flour - Makes around 20-25 Appam. Serving 3-4 people

Preparation time – 20 minutes

Ingredients

- **NutriMillets®** Appam Mix Pack
- 1 Table Spoon Curd
- Lukewarm water
- Cooking Soda and Salt to taste



STEP 1 – FERMENTATION

Empty the **NutriMillets®** Appam Mix in a bowl. Add to it 1 table spoon of curd. Add required amount of lukewarm water to make it a consistent solution. No lumps should be formed. Cover the bowl and keep this mixture at a dry and warm place for at least 8 hours.

STEP 2 – BATTER PREPATION

Post 8 Hours take out the bowl. Add ½ tea spoon of cooking soda, and salt to taste. Add some lukewarm water to make a thick solution.

STEP 3 – COOKING – Grease the Appam Patra and pour the solution in each patra. Steam for 2-3 minutes.

STEP 4 – SERVE – Serve with Sambar and Chutney.

VARIATIONS –

Veg Appam - Add chopped and cooked Carrots, Beet roots, Spinach etc if you like.

Masala Appam – Cut 3-4 Appam in 4 pieces. Take 1 tea spoon oil in a pan. Add ½ teaspoon mustard seed and cumin seeds. Once these seeds crack completely add the pieces of Appam. Sprinkle red chilli powder, chat masala, salt as per taste. Roast till they become crispy and pinkish red. Serve with Tomato sauce or eat it as it is.

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

THANK YOU!!

Let's make it together!!



@nutrimilletstreats



9421991551



@nutrimillets



Millets.treats@gmail.com



<https://nutrimillets.business.site>