



# milletto &nutto

eat healthy, be nutrition wealthy



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& nutto**

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# OUR STORY

The story of Milletto and Nutto began in a cozy kitchen shared by two best friends, Dhvani and Sonam. Passionate about healthy eating, they experimented with various grains and recipes for their families. One evening, they discovered millets, impressed by their nutritional benefits and versatility. Dhvani and Sonam began incorporating millets into their meals, and their husbands, Ayush and Akarshit, became enthusiastic supporters.

Our friends and neighbors soon got wind of our millet experiments. At a neighborhood gathering, Dhvani brought millet granola bars, which disappeared quickly. Conversations about healthy eating and finding tasty, nutritious options flowed naturally. The demand was clear: people craved nutritious, delicious alternatives to conventional grains.

Sonam, observing the enthusiasm around our millet creations, turned to Dhvani with a spark in her eye. "Dhvani, I think we're onto something. What if we made these millet-based foods available to more people?" Ayush agreed, adding, "We could really make a difference in people's lives."

The idea took root, and Milletto and Nutto were born. We envisioned a brand that not only catered to those with dietary restrictions but also championed millet as a versatile, healthy grain suitable for everyone.

# A FUTURE OF HEALTH AND FLAVOR

Today, Milletto and Nutto stand as a testament to the power of personal experience and the desire to make a positive impact. Our journey from a simple kitchen experiment to a beloved brand underscores a universal truth: when we listen to our bodies and the needs of those around us, we can create solutions that are both meaningful and transformative.

Sonam and Dhvani continue to be our greatest taste testers, their smiles and enthusiasm a constant reminder of why we started this journey. As Milletto and Nutto grow, we remain committed to our core values—nourishing families with the goodness of millet and making healthy eating an accessible, delightful experience for all.

So, next time you savor a bowl of our millet porridge or enjoy a crunchy millet snack, know that it's not just food; it's a piece of our story, a labor of love born from a mother's kitchen and a family's quest for health.



HIGH IN FIBRE | PLANT BASED PROTEIN | BOOSTS IMMUNITY



# **OUR VISION**

**Aspiring To Be A Leading & Competitive Company Delivering High-Quality Nutritional Food Products & Related Services To All its Stakeholders.**

# **OUR MISSION**

**A Step Towards A Healthier Society By Providing Our Customers As Well As Our Consumers With The High-Quality Nutritional Food Products & Related Services Across Wide Range Of Categories Of Food & Beverages Suited To Their Different Needs, Lifestyles & Cultures Worldwide.**

**To Accelerate The Production, Processing, And Promoting Of Worldwide To Enable Consumers To Opt For More Millet-Based Healthy Foods.**

**To Accelerate The Production, Processing, And Promoting Of The Age-Old Nutritious Foxnuts & Its Related Products Worldwide.**

**To Process & Promote The Raw Indian Spices & Their Related Products.**

**To Produce, Process & Promote Healthier Alternatives Of The Various Food Products.**

# MILLET STORY

Millets have a rich history in India, with their cultivation dating back to the Indus Valley Civilization (around 3000 BCE). These hardy grains, such as finger millet (ragi), pearl millet (bajra), and sorghum (jowar), were staples for many Indian communities, particularly in semi-arid regions. Millets were integrated into traditional diets through various dishes like rotis, porridges, and fermented foods, valued for their nutritional density and ability to thrive in harsh conditions with minimal water.

The Green Revolution in the 1960s and 1970s brought a significant shift in Indian agriculture, emphasizing high-yielding varieties of rice and wheat. This focus led to a decline in millet cultivation and consumption as agricultural policies and subsidies favored the new staples. Despite this decline, millets have experienced a resurgence due to their health benefits and sustainability.

Growing millets is more sustainable than cultivating rice or wheat. Millets require 30-40% less water than rice and significantly fewer chemical inputs than wheat, making them an environmentally friendly option. Additionally, millets are more resilient to climate change, can grow in poor soil conditions, and have a shorter growing season, which reduces the risk of crop failure. As a result, millets are being recognized as a vital crop for ensuring food security and promoting sustainable agriculture in India and beyond.

# HEALTH CONSCIOUSNESS

The rise in lifestyle-related health issues such as diabetes, obesity, and gluten intolerance has driven many Indians to seek healthier dietary options. According to the International Diabetes Federation, India has the second-highest number of adults with diabetes, with about 77 million cases as of 2019. Millets, being gluten-free and nutritionally dense, fit perfectly into this trend. They are rich in fiber, essential minerals, and antioxidants, which help manage blood sugar levels, aid in weight management, and improve overall digestive health. As more people become aware of these benefits, the demand for millet-based foods is on the rise, aligning with global health trends toward more natural and wholesome diets.



# GOVERNMENT INITIATIVES

Recognizing the potential of millets to improve food security and nutrition, the Indian government has launched several initiatives to promote their cultivation and consumption. 2018 was declared the National Year of Millets, highlighting their importance. Furthermore, in 2021, the United Nations adopted a resolution, supported by India, to declare 2023 as the International Year of Millets. These initiatives aim to boost production, improve supply chains, and increase consumer awareness about the benefits of millets. The government is also supporting research and development to enhance millet yields and promote their inclusion in public food programs, such as midday meals in schools.



# OUR COMMITMENT

At Milletto & Nutto , we are dedicated to supporting these initiatives and improving the lifestyle of people in India and Indians worldwide. We aim to make millet-based foods a staple in daily diets by offering convenient, ready-to-cook, and ready-to-eat options. Our products are designed to cater to diverse dietary needs, including those of health-conscious individuals, children, and the elderly. By providing delicious and nutritious millet-based alternatives, we help people transition to healthier lifestyles. We also focus on sustainable packaging and practices to ensure our operations contribute positively to the environment. Through our efforts, we hope to play a significant role in the global resurgence of millets, promoting their benefits and making them accessible to all.

# **MEAL**

**FUEL YOUR WELLNESS WITH A DELICIOUS, NUTRIENT-RICH  
MILLET-BASED MEAL!**





# CHILLAS

## VARIETIES

1. CHANA MOONG CHILLA
2. MOONG KULTHI CHILLA
3. LENTIL MOONG CHILLA
4. MILLET BARLEY CHILLA

## PREPARATION

1. POUR THE CHILLA PREMIX INTO A BOWL
2. ADD WATER & KEEP STIRRING UNTIL THE MIXTURE IS FREE OF LUMPS(REQUIRES 1.5 CUP OF WATER)
3. LET IT SOAK FOR 5 MINUTES, STIR THE MIX THOROUGHLY
4. GREASE THE TAWA WITH LITTLE BIT OF OIL
5. POUR THE MIX INTO THE TAWA AND LET IT COOK FOR 5 MINUTES
6. HEALTHY 2-3 CHILLA IS READY TO SERVE IN 50GM



# CHANA MOONG CHILLA

## INGREDIENTS

CHICK-PEAS FLOUR, MOONG DAL, IODIZED SALT, CITRIC ACID (E330), SODIUM BI-CARBONATE (E500), CORIANDER POWDER, GARLIC POWDER, CUMIN POWDER, RED CHILLI POWDER, TURMERIC POWDER

## HEALTH BENEFITS:

1. AIDS IN WEIGHT MANAGEMENT
2. HELPS IN DIGESTION & REGULARIZES THE BOWEL MOVEMENTS
3. CONTROLS BLOOD SUGAR



# MOONG KULTHI CHILLA

## INGREDIENTS

KULTHI, MOONG DAL FLOUR, HORSEGRAM FLOUR, IODIZED SALT, CITRIC ACID (E330), SODIUM BI CARBONATE (E500), CORIANDER POWDER, GARLIC POWDER, CUMIN POWDER, RED CHILLI POWDER, TURMERIC POWDER

## HEALTH BENEFITS:

1. HIGH IN SOLUBLE FIBER, PROTEINS & IRON
2. HORSE GRAM AIDS IN REDUCING RESPIRATORY ISSUES
3. VEGAN FRIENDLY



## LENTIL MOONG CHILLA

### INGREDIENTS

LENTIL, MOONG DAL FLOUR, HORSEGRAM FLOUR, IODIZED SALT, CITRIC ACID (E330), SODIUM BI CARBONATE (E500), CORIANDER POWDER, GARLIC POWDER, CUMIN POWDER, RED CHILLI POWDER, TURMERIC POWDER

### HEALTH BENEFITS:

1. AIDS IN HEALTH MANAGEMENT
2. RICH IN SOLUBLE FIBRE
3. LOW GLYCEMIC INDEX
4. COMPLETELY PLANT-BASED PROTEIN & VEGAN FRIENDLY

## MILLET BARLEY CHILLA

### INGREDIENTS

BARNYARD MILLET FLOUR, PEARL BARLEY FLOUR, CITRIC ACID (E330), IODIZED SALT, SODIUM BI CARBONATE (E500), CORIANDER POWDER, CUMIN POWDER, TURMERIC POWDER

### HEALTH BENEFITS:

1. HIGH IN SOLUBLE AND INSOLUBLE FIBRE
2. LOW IN GLYCEMIC INDEX
3. HELPS IN BETTER BLOOD FLOW





# IDLI

## VARIETIES

1. MULTI MILLET IDLI
2. JOWAR IDLI
3. SOYA IDLI

## PREPARATION

1. POUR THE IDLY PREMIX INTO A BOWL
2. ADD WATER & KEEP STIRRING UNTIL THE MIXTURE IS FREE OF LUMPS ( 50GM OF IDLY MIX WITH 75ML OF WATER)
3. GREASE THE MOULD WITH LITTLE OIL
4. POUR THE MIX INTO THE MOULD AND LET IT COOK FOR 20MINUTES
5. HEALTHY 3-4 IDLY IS READY IN 50GM



# MILLET IDLI

## INGREDIENTS

MULTI MILLET, LENTIL, CUMIN SEEDS, SPICES, IODISED SALT, FOOD ACID (330), RAISING AGENT (500ii)

## HEALTH BENEFITS:

1. RICH IN ANTIOXIDANTS & PHYTONUTRIENTS
2. RICH IN DIETARY FIBRE
3. RICH IN VITAMIN B6 & FOLATE
4. HIGH IN FIBRE & PROTEIN
5. LOW GLYCEMIC INDEX



# JOWAR IDLI

## INGREDIENTS

JOWAR, URAD DAL, IODISED SALT, RAISING AGENT (500ii)

## HEALTH BENEFITS:

1. PROVIDES ESSENTIAL NUTRIENTS
2. SUITABLE ALTERNATIVES FOR GLUTEN SENSITIVE INDIVIDUALS
3. MAINTAINS THE BLOOD GLUCOSE LEVEL
4. HELPS IN WEIGHT MANAGEMENT





# SOYA IDLI

## INGREDIENTS

SOYABEAN, RICE, LENTILS, IODISED SALT, RAISING AGENT (500I)

## HEALTH BENEFITS:

1. RICH IN ANTIOXIDANTS & PHYTONUTRIENTS
2. RICH IN SOLUBLE AND INSOLUBLE FIBRE
3. NATURAL SOURCE OF PROBIOTICS
4. RICH IN PROTEIN AND FIBRE
5. LOW GLYCEMIC INDEX



# UPMA

## VARIETIES

1. SOYA UPMA
2. OATS UPMA
3. RAGI UPMA
4. JAWAR UPMA
5. BAJRA UPMA

## PREPARATION

1. POUR THE OIL INTO THE PAN
2. ROAST FRESHLY CHOPPED ONIONS, CARROTS, GREEN PEAS FOR 2 MINUTES
3. ADD OATS UPMA MIX IN THE PAN, SAUTÉ FOR 2 MINUTES
4. ADD 2 TIMES BOILING WATER
5. LET IT COOK FOR 5 MINUTES
6. HEALTHY OATS UPMA IS READY TO SERVE



# SOYA UPMA

## INGREDIENTS

SOYABEAN, SUJI, URAD DAL, IODIZED COMMON SALT, DEHYDRATED GREEN CHILLI, DEHYDRATED CORIANDER & CURRY LEAVES, TURMERIC POWDER, RAISING AGENT (SODIUM)

## HEALTH BENEFITS:

1. BOOSTS IMMUNITY
2. LOWERS THE RISK OF HEART DISEASE
3. AIDS IN WEIGHT MANAGEMENT
4. IMPROVES BLOOD CIRCULATION



# OATS UPMA

## INGREDIENTS

OATS, RAVA, SPICES & IODISED SALT

## HEALTH BENEFITS:

1. PROVIDES ESSENTIAL NUTRIENTS
2. SUITABLE ALTERNATIVES FOR GLUTEN SENSITIVE INDIVIDUALS
3. MAINTAINS THE BLOOD GLUCOSE LEVEL
4. AIDS IN CELL REGENERATION
5. HELPS IN WEIGHT MANAGEMENT



## RAGI UPMA

### INGREDIENTS

RAGI SUJI, SPICES & IODISED COMMON SALT

### HEALTH BENEFITS:

1. MEDIUM GLYCEMIC INDEX
2. RICHEST SOURCE OF PLANT BASED CALCIUM
3. GOOD FOR HAIR AND SKIN
4. AIDS IN WEIGHT MANAGEMENT

## JOWAR UPMA

### INGREDIENTS

JOWAR SUJI, URAD DAL, IODISED COMMON SALT, CUMIN SEEDS, DEHYDRATED GREEN CHILLI, DEHYDRATED CURRY LEAVES, DEHYDRATED CORIANDER

### HEALTH BENEFITS:

1. PACKED WITH ESSENTIAL MINERALS & VITAMINS
2. AIDS IN BETTER DIGESTION
3. MAINTAINS THE BLOOD GLUCOSE LEVELS
4. RICH IN SOLUBLE FIBRE
5. IMPROVES ENERGY LEVELS





## BAJRA UPMA

### INGREDIENTS

BAJRA SUJIL URAD DAL, IODIZED COMMON SALT, CUMIN SEEDS,  
DEHYDRATED GREEN CHILLI DEHYDRATED CORIANDER & CURRY LEAVES,  
TURMERIC POWDER

### HEALTH BENEFITS:

1. HELPS IN BETTER BLOOD FLOW
2. LOWER CHOLESTEROL & BLOOD PRESSURE
3. RELIEVES CONSTIPATION
4. RICH IN FOLIC ACID
5. AIDS IN WEIGHT MANAGEMENT





# ROTI

## VARIETIES

1. MULTI MILLET ROTI
2. JOWAR ROTI
3. BAJRA ROTI

## PREPARATION

1. KEEP THE ROTTI ON LOW FLAME ON GAS BURNER (LOW HEAT IN OVEN) FOR 2 TO 3 SECONDS BOTH SIDE AND ENJOY YOUR HOT AND MORE CRISPY ROTI.
2. THE DRY ROTI SHALL BE DIRECTLY CONSUMED ALONG WITH ALL KINDS OF PASTES, VEGETABLES GRAVIES, AND WET CHUTNEY'S
3. SOAK & SOFTEN DRY ROTTI'S WITH LIKED GRAVIES/DAL / SAMBAR / CURDS & EAT.
4. PREPARE SEASONED, FLAVORED DRY BROKEN ROTI MASALA PURI & ENJOY.

# MULTI MILLET ROTI

## INGREDIENTS

MILLETS (GREAT MILLET & KODO MILLET), WATER, SALT, CHILLY POWDER, PEPPER, JEERA, AJWAIN

## HEALTH BENEFITS:

1. RICH IN ANTIOXIDANTS & PHYTONUTRENTS
2. RICH IN DIETARY FIBRE
3. RICH IN VITAMIN B6 & FOLATE
4. HIGH IN FIBRE & PROTEIN
5. LOW GLYCEMIC INDEX



# JOWAR ROTI

## INGREDIENTS

SORGHUM (JOWAR), WATER, SALT

## HEALTH BENEFITS:

1. PROVIDES RELIEF FROM COMMON COLD, FEVER & CONSTIPATION
2. AIDS IN DIGESTION
3. REGULATES BLOOD PRESSURE
4. PROVIDES RELIEF IN RESPIRATORY ISSUES





# BAJRA ROTI

## INGREDIENTS

PEARL MILLET (SAJJE), WATER, SALT

## HEALTH BENEFITS:

1. HELPS IN BETTER BLOOD FLOW
2. LOWER CHOLESTEROL & BLOOD PRESSURE
3. RELIEVES CONSTIPATION
4. RICH IN FOLIC ACID
5. AIDS IN WEIGHT MANAGEMENT





# MILLET BASED MEALS

## VARIETIES

1. MILLET BIRIYANI
2. MILLET BISIBELE BATH
3. MULTI MILLETS IDLY
4. MULTI MILLETS DOSA
5. MILLETS PAKODA MIX
6. MILLETS KICHADI
7. MILLETS UPMA
8. MILLETS PADDU MIX

## PREPARATION

1. TAKE 1 CUP OF THE MEAL MIX
2. ADD CUP OF WATER
3. BOIL THE WATER, ADD 1 TABLE SPOON OIL AND ADD THE MIX
4. PRESSURE COOK FOR 5-6 WHISTLES FOR MILLET MEALS AND BOIL 5-6 MINUTES FOR PRODUCTS SUCH AS PASTA , NOODLE , VERMICELLI
5. SERVE HOT

# MILLET BIRIYANI

## INGREDIENTS

ROASTED KODO MILLET (ARKA 42%), JEERA, VEGETABLE OIL, MUSTARD, BLACK PEPPER, RED CHILLY POWDER, FRESH GINGER, CURRY LEAVES, SALT, TURMERIC POWDER, BAY LEAVE, CARDAMOM, STAR ANISE, CLOVE, MACE, LEMON SEASONING, FENUGREEK, BLACK GRAM, BENGAL GRAM.

## HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY, BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.



# MILLET BISIBELE BATH

## INGREDIENTS

ROASTED FOXTAIL MILLET (42%), TOOR DAL (35%), BYADAGI CHILLY, GUNTUR CHILL, CORIANDER SEEDS, CORIANDER LEAVES, CINNAMON, CLOVES, SALT, DRY COCONUT POWDER, POPPY SEEDS, VEGETABLE OIL, CUMIN SEEDS, BLACK GRAM, FENUGREEK SEEDS AND TAMARIND CONCENTRATE.

## HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY, BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.



## MILLET IDLI

### INGREDIENTS

LITTLE MILLET RAVA, BLACK GRAM FLOUR, SALT VEGETABLE OIL COOKING SODA, WHEAT SEMOLINA

### HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY, BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.

## MILLET DOSA

### INGREDIENTS

FOXTAIL MILLET FLOUR, SORGHUM FLOUR, FINGER MILLET FLOUR, LITTLE MILLET FLOUR, PEARL MILLET FLOUR, BARNYARD MILLET FLOUR BLACK GRAM FLOUR, RICE FLOUR, SALT, COOKING SODA & ACIDITY REGULATOR E 296.

### HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY, BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.





# MILLET PAKODA

## INGREDIENTS

PROSO, FOXTAIL MILLETS, BESAN, CHIU POWDER, SALT, TURMERIC, JEERA, CITRIC ACID (INS 330), SODA (INS 500i) AND HING

## HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY. BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.



# MILLET KHICHDI

## INGREDIENTS

ROASTED FOXTAIL MILLET (42%), TOOR DAL (35%), BYADAGI CHILLY, GUNTUR CHILL, CORIANDER SEEDS, CORIANDER LEAVES, CINNAMON, CLOVES, SALT, DRY COCONUT POWDER, POPPY SEEDS, VEGETABLE OIL, CUMIN SEEDS, BLACK GRAM, FENUGREEK SEEDS AND TAMARIND CONCENTRATE.

## HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY. BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.



## MILLET UPMA

### INGREDIENTS

KODO MILLET, BLACK GRAM, BENGAL GRAM, GREEN CHILLY, CURRY LEAVES, MUSTARD, VEGETABLE OIL, GINGER, SALT, LIME SEASONING MIX, TURMERIC POWDER AND SUGAR

### HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY. BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.

## MILLET PADDU

### INGREDIENTS

KODO PROSO MILLETS, UDDI DAL, CITRIC ACID (INS330), RAISING AGENT (INS500II) SALT, FENUGREEK AND JEERA

### HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY. BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.





# MILLET VERMICELLI

## INGREDIENTS

UNPOISHED MILLETS (FOXTAIL, KODO, LITTLE, BARNYARD, PROSO, BROWNTOP, SORGHUM, PEARL MILLET, FINGER MILLET), FENUGREEK, GREEN GRAM, HORSE GRAM, CARDAMOM, ALMOND, CASHEW, SOYABEAN, PEANUT,

## HEALTH BENEFITS:

1. RICH IN CALCIUM
2. BALANCES BLOOD SUGAR
3. IMPROVES IMMUNITY
4. HIGH FIBRE
5. HIGH PROTEIN
6. RICH IN IRON



# MILLET NOODLES

## INGREDIENTS

MULTI-GRAIN BLEND (95%) (FINGER MILLET FLOUR, PEARL MILLET FLOUR, KODO MILLET FLOUR, BARNYARD MILLET FLOUR, LITTLE MILLET FLOUR, FOXTAIL MILLET FLOUR, PROSO MILLET FLOUR, SORGHUM MILLET FLOUR, WHOLE WHEAT FLOUR), CLUSTER BEAN POWDER AND IODISED SALT. MASALA INGREDIENTS: MIXED SPICES (CONTAINS ONION AND GARLIC) (49.59%), IODISED SALT, UNREFINED CANE SUGAR AND ACIDITY REGULATOR (INS330).

## HEALTH BENEFITS:

1. RICH IN CALCIUM
2. RICH IN IRON
3. ENABLES WEIGHT LOSS
4. HIGH IN PROTEIN
5. HEALTHY BONE STRENGTH RICH IN DIETARY FIBRE





## MILLET PENNE PASTA

### INGREDIENTS

MULTI GRAIN BLEND (40%), WHOLE WHEAT FLOUR (50%), BESAN GRAM FLOUR, CLUSTER BEAN POWDER AND IODIZED SALT, MASALA- MIXED SPICES (49.59%), IODIZED SALT, UNREFINED CANE SUGAR AND ACIDITY REGULATOR (INS330)

### HEALTH BENEFITS:

1. HIGH IN FIBRE- IMPROVES DIGESTIVE HEALTH
2. RICH IN PROTEIN
3. BOOSTS IMMUNITY
4. SOURCE OF IRON AND CALCIUM
5. GOOD FOR DIGESTION, GOOD SOURCE OF VITAMINS AND MINERALS, LOWERS CHOLESTEROL

## MILLET MACARONI PASTA

### INGREDIENTS

MULTI GRAIN BLEND (40%), WHOLE WHEAT FLOUR (50%), BESAN GRAM FLOUR, CLUSTER BEAN POWDER AND IODIZED SALT, MASALA INGREDIENTS: MASALA- MIXED SPICES (49.59%), IODIZED SALT, UNREFINED CANE SUGAR AND ACIDITY REGULATOR (INS330)

### HEALTH BENEFITS:

1. HIGH IN DIETARY FIBRE
2. BOOSTS IMMUNITY
3. SOURCE OF IRON AND CALCIUM
4. HEART HEALTHY, RICH IN ANTIOXIDANTS, DIABETES FRIENDLY, AIDS WEIGHTLOSS



## NUTTY MIX WITH DRY FRUITS

### INGREDIENTS

BEATEN BROWN RICE, CASHEWS, ALMONDS,  
WATERMELON SEED, SPICES MIX



## MILLETS CHANA MIX

### INGREDIENTS

MILLETS, JAGGERY, WATERMELON SEEDS,  
CHICKPEA (CHANA), SPICES MIX

# ACCOMPANIMENT

ELEVATE YOUR DISHES WITH WHOLESOME MILLET SIDES!







# CHUTNEY & SAMBAR

## VARIETIES

1. ANDHRA PEANUT CHUTNEY
2. COCONUT CHUTNEY
3. TOMATO CHUTNEY
4. TOMATO CHUTNEY- JAIN
5. CORIANDER CHUTNEY
6. MINT CHUTNEY
7. SPICY ONION CHUTNEY
8. BEATROOT CHUTNEY
9. CURRY LEAF CHUTNEY
10. BELL PEPPER CHUTNEY
11. PUMPKIN CHUTNEY
12. SWEET CHUTNEY
13. LACHKO CHUTNEY
14. GUJARATI KADHI

## PREPRATION

1. BOIL 750ML OF WATER IN A PAN
2. STIR THE MIXTURE OVER LOW HEATFOR 2-3 MINUTES UNTIL IT THICKENS
3. POUR IN THE MIX
4. ENJOY YOUR TASTY HOT ACCOMPANIMENT

## ANDHRA PEANUT CHUTNEY

### INGREDIENTS

PEANUT, GARLIC, SMALL ONION, DRY RED CHILLI, REFINED SUNFLOWER OIL, DRY KASHMIRI RED CHILLI, URAD DAL, IODIZED SALT, TAMARIND, CURRY LEAVES, MUSTARD SEEDS, ASAFOETIDA



## COCONUT CHUTNEY

### INGREDIENTS

COCONUT, ROASTED BENGAL GRAM, GREEN CHILLI, ROCK SALT, GINGER, REFINED SUNFLOWER OIL, URAD DAL, CURRY LEAVES, MUSTARD SEEDS, ASAFOETIDA



## TOMATO CHUTNEY

### INGREDIENTS

TOMATO, SMALL ONION, GARLIC, REFINED SESAME OIL, CORIANDER LEAVES, MIXED MASALA POWDER, GREEN CHILLI, IODIZED SALT, URAD DAL, CURRY LEAVES, DRY RED CHILLI, DRY KASHMIRI RED CHILLI, MUSTARD SEEDS, CUMIN POWDER, ASAFOETIDA

## TOMATO CHUTNEY-JAIN

### INGREDIENTS

TOMATO, TOOR DAL, URAD DAL, BENGAL GRAM, IODIZED SALT, REFINED SUNFLOWER OIL, JAGGERY, TAMARIND, CUMIN SEEDS, CURRY LEAVES, CORIANDER SEED POWDER, MUSTARD SEEDS, DRY KASHMIRI RED CHILLI, DRY RED CHILLI, MINT LEAVES, CORIANDER LEAVES, ASAFOETIDA, KASHMIRI RED CHILLI POWDER, TURMERIC POWDER





# CORIANDER CHUTNEY

## INGREDIENTS

SMALL ONION, CORIANDER LEAVES, GARLIC,  
URAD DAL, CASHEWNUITS, REFINED SESAME OIL,  
ROASTED CHANA DAL, GREEN CHILI, GINGER,  
IODIZED SALT, TAMARIND, CURRY LEAVES, CUMIN  
SEEDS, DRY RED CHILLI, MUSTARD SEEDS,  
ASAFOETIDA



# MINT CHUTNEY

## INGREDIENTS

CORIANDER LEAVES, MINT LEAVES, JAGGERY,  
RAW MANGO, ROASTED CHANA DAL, GREEN  
CHILI, GARLIC, TAMARIND, LEMON JUICE, IODIZED  
SALT, GINGER, CUMIN SEEDS, CHAAT MASALA  
POWDER, BLACK ROCK SALT



## SPICY ONION CHUTNEY

### INGREDIENTS

ONION, SMALL ONION, TOMATO, GARLIC, REFINED SESAME OIL, URAD DAL, IODIZED SALT, DRY RED CHILLI, TAMARIND, CURRY LEAVES, DRY KASHMIRI RED CHILLI, GINGER, MUSTARD SEEDS, ASAFOETIDA

## BEETROOT CHUTNEY

### INGREDIENTS

BEETROOT, SMALL ONION, TOMATO, GARLIC, REFINED SUNFLOWER OIL, GREEN CHILLI, BENGAL GRAM, TAMARIND, IODIZED SALT, URAD DAL, MUSTARD SEEDS, CUMIN SEEDS, FENNEL SEEDS, CURRY LEAVES, TURMERIC POWDER, ASAFOETIDA





## CURRY LEAF CHUTNEY

### INGREDIENTS

GREEN CAPSICUM, CURRY LEAVES, SMALL ONION, CASHEWNUTS, GARLIC, PEANUTS, URAD DAL, TAMARIND, REFINED SESAME OIL, IODIZED SALT, GREEN CHILLI, JAGGERY, ROASTED CHANA DAL, BENGAL GRAM, MUSTARD SEEDS, DRY RED CHILLI, BLACK PEPPER, CAROM SEEDS, ASAFOETIDA, TURMERIC POWDER



## BELL PEPPER CHUTNEY

### INGREDIENTS

RED BELL PEPPER, YELLOW BELL PEPPER, ONION, TOMATO, SMALL ONION, GARLIC, CASHEWNUTS, REFINED SESAME OIL, GREEN CHILLI, IODIZED SALT, URAD DAL, BENGAL GRAM, CURRY LEAVES, MUSTARD SEEDS, CUMIN SEEDS, KASHMIRI RED CHILLI POWDER, TURMERIC POWDER, ASAFOETIDA





# LACHKO CHUTNEY

## INGREDIENTS

CHICKPEA FLOUR, GREEN CHILLI, IODISED SALT,  
CORRAINDER



# GUJARATI KADHI

## INGREDIENTS

CHICKPEA FLOUR, GREEN CHILLI POWDER, CITRIC  
ACID, MUSTARD SEEDS,



## PUMPKIN CHUTNEY

### INGREDIENTS

YELLOW PUMPKIN, BENGAL GRAM, CURRY LEAVES, DRY RED CHILLI, MUSTARD SEEDS, ASAFOETIDA, URAD DAL, REFINED SUNFLOWER OIL, TAMARIND, CUMIN SEEDS, IODIZED SALT, BLACK PEPPER

## SWEET CHUTNEY

### INGREDIENTS

DRY MANGO POWDER, JAGGERY, DATES, IODISED SALT, RED CHILLI POWDER, CORIANDER POWDER, CUMIN POWDER





# SOUP

## VARIETIES

1. RAGI SOUP
2. KULID SOUP
3. MULTI MILLET MORINGA SOUP
4. TANGY TOMATO SOUP
5. CURRIED PUMPKIN SOUP
6. DRUMSTICK & CASHEW SOUP
7. PEPPER MUSHROOM SOUP

## PREPARATION

1. EMPTY CONTENTS OF PACK IN 2 CUPS NORMAL WATER (300ml)
2. PLACE ON STOVE & BRING TO BOIL WHILE STIRRING CONTINUOUSLY TO AVOID LUMPS
3. SIMMER FOR 3 MINUTES & SERVE SOUP
4. OPTIONNAL: CHOPPED FRESH VEGGIE'S LIKE ONION, TOMATO, CABBAGE, CARROT, CORIANDER CAN BE ADDED AS PER TASTE



# RAGI SOUP

## INGREDIENTS

RAGI (NANCHANI, NAGLI) SATWA, SPICES & IODISED SALT

## HEALTH BENEFITS:

1. RICH IN FIBRE
2. AIDS IN WEIGHT MANAGEMENT
3. MAINTAINS THE BLOOD-GLUCOSE LEVELS
4. RICH IN CALCIUM, VITAMIN D & AMINO ACIDS



# KULID SOUP

## INGREDIENTS

KULID, SPICES & IODISED COMMON SALT

## HEALTH BENEFITS:

1. PROVIDES RELIEF FROM COMMON COLD, FEVER & CONSTIPATION
2. AIDS IN DIGESTION
3. REGULATES BLOOD PRESSURE
4. PROVIDES RELIEF FROM RESPIRATORY PROBLEMS



MULTI MILLET

## MORINGA SOUP

### INGREDIENTS

BARNYARD MILLET, HORSE GRAM, TURMERIC POWDER, WATERMELON SEEDS, POPPY SEEDS, CINNAMON, BAY LEAVES, CLOVES, BLACK STONE FLOWER (KALPASI), MACE FLOWER (JATPATRI), STAR ANISE, CARDAMOM, CUMIN SEEDS, FENNEL SEEDS, CORIANDER SEEDS, BLACK PEPPER, KASHMIRI CHILI POWDER, CORN FLOUR

### HEALTH BENEFITS:

1. DRUMSTICK IS A SUPERFOOD
2. FINEST SOURCE OF CALCIUM, IRON, ZINC & SELENIUM
3. RICH IN VITAMIN C & VITAMIN B-12
4. MAKES THE SKIN CLEARER & HEALTHIER
5. EXCELLENT FOR MANAGING WELLNESS

## TANGY TOMATO SOUP

### INGREDIENTS

TOMATO, STOCK WATER, CARROT, POTATO, ONION, GARLIC, ROCK SALT, EXTRA VIRGIN OLIVE OIL, CELERY, LEEKS, DRY KASHMIRI RED CHILLI POWDER, OREGANO SEASONING, BLACK PEPPER, SUGAR, BASIL, BROCCOLI STEM, SPRING ONION, PARSLEY, BAY LEAVES

### HEALTH BENEFITS:

1. HIGH IN SOLUBLE AND INSOLUBLE FIBRE
2. LOW IN GLYCEMIC INDEX
3. EXCELLENT IN MANAGING WELLNESS
4. LOWERS THE RISK OF CHOLESTEROL & HEART DISEASE



# CURRIED PUMPKIN SOUP

## INGREDIENTS

YELLOW PUMPKIN, STOCK WATER, ONION, CASHEW NUTS, POTATO, GARLIC, CELERY, ROCK SALT, EXTRA VIRGIN OLIVE OIL, SUGAR, GARAM MASALA POWDER, OREGANO SEASONING, BLACK PEPPER, TURMERIC POWDER

## HEALTH BENEFITS:

1. RICH IN FIBRE
2. AIDS IN WEIGHT MANAGEMENT
3. MAINTAINS THE BLOOD GLUCOSE LEVELS
4. RICH IN CALCIUM, VITAMIN D & AMINO ACIDS



# DRUMSTICK & CASHEW SOUP

## INGREDIENTS

STOCK WATER, DRUM STICK PULP, CASHEW NUTS, SUGAR, CORIANDER LEAVES, BLACK PEPPER, STOCK WATER, TOMATO, BIG ONION, GINGER GARLIC PASTE, ROCK SALT, CORIANDER STEM, REFINED SUNFLOWER OIL, CORIANDER POWDER, FENNEL SEEDS, CUMIN SEEDS, TURMERIC POWDER, STAR ANISE, CARDAMOM SEEDS, CINNAMOM, BAY LEAF

## HEALTH BENEFITS:

1. PROVIDES RELIEF FROM COMMON COLD, FEVER & CONSTIPATION
2. AIDS IN DIGESTION
3. REGULATES BLOOD PRESSURE
4. PROVIDES RELIEF IN RESPIRATORY ISSUES





# PEPPER MUSHROOM SOUP

## INGREDIENTS

MUSHROOM, BIG ONION, POTATO, GARLIC, CELERY, LEEKS, ROCK SALT, EXTRA VIRGIN OLIVE OIL, BLACK PEPPER, SUGAR, OREGANO SEASONING, PARCELY, BASIL

## HEALTH BENEFITS:

1. ANTIOXIDANTS: FIGHTS FREE RADICALS AND REDUCES INFLAMMATION
2. IMMUNE BOOST: BETA-GLUCANS ENHANCE IMMUNITY
3. DIGESTIVE HEALTH: HIGH IN FIBER FOR BETTER DIGESTION
4. WEIGHT MANAGEMENT: LOW IN CALORIES
5. NUTRIENT-RICH: PACKED WITH B VITAMINS, SELENIUM, AND COPPER.



# MILLET DESSERTS

## VARIETIES

1. MILLETS KHEER
2. MILLETS KESARI BATH

## PREPARATION

1. TAKE 1 CUP OF MIX
2. 1 CUP OF WATER AND 3 CUPS OF MILK
3. BOIL THE WATER, ADD 1 TABLE SPOON GHEE AND THE MIX
4. PRESSURE COOK FOR 5-6 WHISTLES
5. SERVE HOT

# MILLET KHEER

## INGREDIENTS

BARNYARD MILLET, SUGAR, GHEE, RAISINS, CORN POWDER, CARDAMOM.

## HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY, BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.



# MILLET KESARI BATH

## INGREDIENTS

SORGHUM (JOWAR), WATER, SALT

## HEALTH BENEFITS:

MILLETS ARE AMONG THE MOST PRECIOUS FOODS, A STAPLE FOR MANY, BUT ONLY RECENTLY HAVE THE PROPERTIES OF MILLET, RICH IN ESSENTIAL NUTRIENTS AND HIGH IN DIETARY FIBRE, CARBOHYDRATES BEEN FULLY RECOGNISED. THEY CAN HELP US MAINTAIN A HEALTHY HEART AS WELL AS HELP COMBAT DIABETES, OBESITY AND ANAEMIA.







# MORINGA TEA

## VARIETIES WITH INGREDIENTS

1. **IMMUNE TEA:** MORINGA, GINGER, LEMON PEEL, HONEY FLAVOUR
2. **DETOX TEA:** MORINGA, INDIAN SARSAPARILLA, GINGER, CINNAMON
3. **SLEEP TEA:** MORINGA, LAVENDER, CHAMOMILE
4. **RELAXING TEA:** MORINGA, BLUE TEA, ASHWAGANDHA, ROOIBOS, LEMONGRASS, ROSE, LICORICE
5. **WELLNESS TEA:** MORINGA, CRANBERRY, BLUEBERRY, MINT

# MORINGA TEA

## HEALTH BENEFITS

1. A REFRESHING BLEND OF MORINGA, CRANBERRY, BLUEBERRY, AND MINT. REVITALIZE YOUR BODY WITH NATURE'S PURIFYING ESSENCE.
2. UNWIND WITH OUR RELAXING TEA BLEND, A SOOTHING FUSION OF MORINGA, BLUE TEA, ASHWAGANDHA, ROOIBOS, AND OTHER CALMING HERBS. PURE RELAXATION AWAITS.
3. DISCOVER BLISS IN EVERY CUP OF SLEEP TEA. A SOOTHING, FRAGRANT REMEDY FOR PEACEFUL NIGHT AND REJUVENATED MORNINGS.
4. EXPERIENCE REJUVENATION WITH OUR DETOX TEA, CRAFTED WITH MORINGA, INDIAN SARSAPARILLA, GINGER, AND CINNAMON FOR HOLISTIC CLEANSING AND VITALITY.
5. BOOST YOUR IMMUNITY WITH OUR IMMUNE TEA, FEATURING MORINGA, GINGER, LEMON PEEL, AND A TOUCH OF HONEY FLAVOR FOR WELLNESS.





# **SNACKS**

**SNACK SMART WITH NUTRIENT-RICH MILLET SNACKS!**





# CHOCOLATE MUESLI

## INGREDIENTS

QUINOA FLAKES (19.00 %), FOXTAIL FLAEMS (16.00 %), OATS FLAEMS (12.00 %), JOWAR NUGGETS (10.00 %), BROWN RICE FLAKES (8.00 %), ALMOND, CHOCO BITS DARK, BLACK RAISIN AND COCO POWDER.

## HEALTH BENEFITS:

1. HIGH IN FIBRE AND PROTEIN
2. SOURCE OF ANTIOXIDANTS
3. ENHANCES BONE STRENGTH
4. BOOSTS IMMUNITY
5. IDEAL FOR WEIGHT WATCHERS



# STRAWBERRY MUESLI

## INGREDIENTS

BROWN RICE FLAKES (22 %), JOWAR NUGGETS (14.08 %), FOXTAIL FLAEMS (14.08 %), ROLLED OATS (8.80 %), ALMOND (8.80 %), CHIA SEEDS, FLAX SEEDS, CRANBERRY, PAPAYA, BLACK RAISIN, PUMPKIN SEEDS, PINEAPPLE, STRAWBERRY AND WATERMELON SEEDS. COATING INGREDIENTS: HONEY, JAGGERY POWDER, EDIBLE VEGETABLE OIL (PALM OIL) AND VANILLA POWDER.

## HEALTH BENEFITS:

1. HIGH IN FIBRE AND PROTEIN
2. SOURCE OF ANTIOXIDANTS
3. ENHANCES BONE STRENGTH
4. BOOSTS IMMUNITY
5. IDEAL FOR WEIGHT WATCHERS



## HEALTH DRINK MIX

### INGREDIENTS

MULTI GRAIN BLEND (100%) (FINGER MILLET FLOUR, PEARL MILLET FLOUR, KODO MILLET FLOUR, BARNYARD MILLET FLOUR, LITTLE MILLET FLOUR, FOXTAIL MILLET FLOUR, SORGHUM MILLET FLOUR AND WHOLE WHEAT FLOUR)

### HEALTH BENEFITS:

1. HIGH PROTEIN
2. RICH IN IRON
3. HIGH FIBRE
4. ENABLES WEIGHTLOSS
5. SOURCE OF MAGNESIUM
6. RICH IN CALCIUM

## CHOCO FLAKES

### INGREDIENTS

RAGI FLOUR, JOWAR FLOUR, FOXTAIL FLOUR, RICE FLOUR, CORN GRIT, WHOLE WHEAT ATTA, VANILLA POWDER, UNREFINED SUGAR, COCOA POWDER, OIL, SALT, CHOCOLATE FLAVOUR. CONTAINS NATURE IDENTICAL FLAVOURING SUBSTANCES CHOCOLATE.

### HEALTH BENEFITS:

1. SOURCE OF CALCIUM
2. ENHANCES BONE STRENGTH
3. ENHANCES IRON ABSORPTION
4. BOOSTS IMMUNITY
5. GOOD FOR WEIGHT MANAGEMENT





# ROASTED SNACKS

## VARIETIES

1. NUTTY MIX WITH DRY FRUITS
2. MILLETS & CHANA
3. BEATEN CHANA
4. SOLID SOYABEAN
5. NAVRATAN MIX
6. KHATTA MEETHA MIX
7. POTATO FLAKES
8. SOLID MOONG
9. DIET FLAKES MIX
10. BEATEN MOONG
11. CHIVDA
12. VARIETIES OF FOXNUTS



# MILLETS CHIVDA

## VARIETIES

1. RAGI CHIVDA
2. JOWAR CHIVDA
3. BAJRA CHIVDA

## PREPARATION

1. EMPTY CONTENTS OF PACK IN 2 CUPS NORMAL WATER (300ml)
2. PLACE ON STOVE & BRING TO BOIL WHILE STIRRING CONTINUOUSLY TO AVOID LUMPS
3. SIMMER FOR 3 MINUTES & SERVE SOUP
4. OPTIONNAL: CHOPPED FRESH VEGGIE'S LIKE ONION, TOMATO, CABBAGE, CARROT, CORIANDER CAN BE ADDED AS PER TASTE



# RAGI CHIVDA

## INGREDIENTS

RAGI FLOUR, GROUNDNUT, CHICKPEA FLOUR, ROCK SALT, SUGAR, CURRY LEAVES, GREEN CHILLI & LOW FAT EDIBLE OIL

## HEALTH BENEFITS:

1. RICH IN FIBRE
2. AIDS IN WEIGHT MANAGEMENT
3. MAINTAINS THE BLOOD GLUCOSE LEVELS
4. RICH IN CALCIUM, VITAMIN D & AMINO ACIDS



# JOWAR CHIVDA

## INGREDIENTS

JOWAR FLOUR, GROUNDNUT, CHICKPEA FLOUR, ROCK SALT, SUGAR, CURRY LEAVES, GREEN CHILLI & LOW FAT EDIBLE OIL

## HEALTH BENEFITS:

1. PROVIDES RELIEF FROM COMMON COLD, FEVER & CONSTIPATION
2. AIDS IN DIGESTION
3. REGULATES BLOOD PRESSURE
4. PROVIDES RELIEF IN RESPIRATORY ISSUES





# BAJRA CHIVDA

## INGREDIENTS

BAJRA FLOUR, GROUNDNUT, CHICKPEA FLOUR, ROCK SALT, SUGAR, CURRY LEAVES, GREEN CHILLI & LOW FAT EDIBLE OIL

## HEALTH BENEFITS:

1. POUR THE OIL INTO THE PAN
2. ROAST FRESHLY CHOPPED ONIONS, CHOPPED CARROT, GREEN PEAS FOR 2 MINUTES
3. ADD BAJRA UPMA MIX IN THE PAN SAUTE FOR 2 MINUTES
4. ADD 2 TIMES BOILING WATER
5. LET IT COOK FOR 5 MINUTES
6. HEALTHY BAJRA UPMA IS READY TO SERVE





## **SOLID SOYABEAN**

### **INGREDIENTS**

SOYABEAN, SPICES MIX

## **KHATTA MEETHA**

### **INGREDIENTS**

CHICKPEA, GREEN PEA, PEANUTS, SWEET RICE PUFF, SPICES MIX



## NAVARATAN FLAKES

### INGREDIENTS

MOONG, CHICKPEA, MILLETS, RED LENTIL,  
WATERMELON SEEDS, GREEN PEAS, WHEAT,  
WHITE RICE FLAKES, SPICES MIX




## BEATEN MOONG

### INGREDIENTS

BEATEN MOONG (SPROUTS), SPICES MIX





## POTATO FLAKES

### INGREDIENTS

POTATO FLAKES, SPICES MIX



## SOLID MOONG

### INGREDIENTS

MOONG (SPROUTS), SPICES MIXED





# FOXNUTS

NESTLED WITHIN THE TRANQUIL WATERS OF WATER BODIES, LIES THE HUMBLE FOXNUT, ALSO KNOWN AS MAKHANA OR FOXNUTS OR GORGON NUT. HARVESTED DELICATELY, THESE LITTLE WONDERS UNDERGO A MAGICAL TRANSFORMATION THROUGH A POPPING PROCESS, UNVEILING THEIR EDIBLE STARCHY KERNEL. THIS POPPED AND EXPANDED DELIGHT IS NONE OTHER THAN THE REVERED MAKHANA, CHERISHED ACROSS THE HEARTLANDS OF INDIA.

MAKHANA, OR FOX NUT, HAS TRANSCENDED ITS ORIGINS, TRAVERSING BORDERS TO CAPTIVATE BOTH DOMESTIC AND INTERNATIONAL MARKETS. RENOWNED FOR ITS PLETHORA OF HEALTH BENEFITS, NUTRITIONAL RICHNESS, AND WEIGHT-LOSS PROPERTIES, THE LEGACY OF MAKHANA SPANS OVER TWO CENTURIES.

BRINGING YOU THE FOXNUTS OR MAKHANAS DIFFERENT FLAVORS TO FULFILL YOUR REQUIRED SUPPLEMENTS IN THE FORM OF SNACKS. WE PROVIDE WIDE RANGE OF FLAVORS ACROSS OUR RANGE THAT CAN BE SAVORED BY YOUR TASTEBUDS & IN ADDITION TO THAT KEEPS YOU HEALTHY ALSO.

# BENEFITS OF FOX NUTS

1. **HIGH NUTRITIONAL VALUE:** FOX NUTS ARE RICH IN PROTEIN, FIBER, CALCIUM, MAGNESIUM, POTASSIUM, AND HAVE LOW SODIUM CONTENT, MAKING THEM A NUTRITIONALLY DENSE SNACK.
2. **ANTIOXIDANT-RICH:** ABUNDANT IN ANTIOXIDANTS, FOX NUTS MAKE AN EXCELLENT ANTI-AGING FOOD AND HELP DETOXYFY THE BODY.
3. **HEALTHY SNACK:** WITH A LOW GLYCEMIC INDEX, GOOD FATS, AND LOW SATURATED FAT CONTENT, FOX NUTS ARE CONSIDERED AN IDEAL SNACK FOR THE MANAGEMENT OF DIABETES AND HEART HEALTH.
4. **WEIGHT MANAGEMENT:** THE HIGH FIBER CONTENT AND BENEFICIAL NUTRIENTS IN FOX NUTS AID IN WEIGHT MANAGEMENT AND PROVIDE A FEELING OF FULLNESS.
5. **CALORIE INFORMATION:** A 100-GRAM SERVING OF FOX NUTS CONTAINS APPROXIMATELY 347 CALORIES, 9.7 GRAMS OF PROTEIN, 0.1 GRAMS OF FATS, 76.9 GRAMS OF CARBOHYDRATES, AND 14.5 GRAMS OF FIBER.







## VARIETIES

1. MAGGI FLAVOUR FOXNUTS
2. BBQ FLAVOUR FOXNUTS
3. LEMON CHILLI FLAVOUR FOXNUTS
4. SALT N PEPPER FLAVOUR FOXNUTS
5. TANGY TOMATO FLAVOUR FOXNUTS
6. CLASSIC SALTED FLAVOUR FOXNUTS

7. INDIAN CHAT FLAVOUR FOXNUTS
8. ORGANIC MINT FLAVOUR FOXNUTS
9. PERI PERI FLAVOUR FOXNUTS
10. SCHEZWAN FLAVOUR FOXNUTS
11. MEXICAN FLAVOUR FOXNUTS







# PANCAKE & WAFFLE MIX

## INGREDIENTS

RAGI FLOUR, BARNYARD MILLET FLOUR, JOWAR FLOUR, UNREFINED CANE SUGAR, BAKING SODA, BAKING POWDER, VANILLA POWDER, MILK POWDER.

## HEALTH BENEFITS:

1. SOURCE OF CALCIUM
2. SOURCE OF IRON
3. LOW FAT
4. HIGH IN PROTEIN
5. GLUTEN-FREE
6. RICH IN DIETARY FIBRE



# FROZEN FOODS

## VARIETIES

1. BANANA FRY
2. BANANA ROAST
3. VEGETABLE PUFFS
4. VEGETABLE CUTLET
5. VEG NUGGETS
6. VEG FINGERS
7. ELAYADA JACKFRUIT
8. ELAYADA SUGAR
9. MALABAR PAROTA POUCH
10. MALABAR PAROTA DUPLEX
11. MALABAR PAROTA HALF COOKED
12. WHEAT PAROTA POUCH
13. IDLI
14. FROZEN SAMBAR MIX
15. BIRIYANI MASALA

*WE ALSO CATER FROZEN FOOD FOR COLDER REGION*

# FROZEN FOODS

## FROZEN FOODS CAN HAVE MANY FEATURES, INCLUDING:

**SEALED FRESHNESS:** FROZEN FOOD IS SEALED TO LOCK IN FRESHNESS, PRESERVING THE FLAVOR AND NUTRIENTS OF THE INGREDIENTS.

**TIME-SAVING CONVENIENCE:** FROZEN FOOD OFFERS UNPARALLELED CONVENIENCE BY REQUIRING MINIMAL PREPARATION TIME. WITH NO NEED FOR PRE-COOKING, IT SAVES VALUABLE TIME IN MEAL PREPARATION.

**NUTRITIONAL INTEGRITY:** COMMERCIAL RAPID-FREEZING PROCESSES MAINTAIN THE NUTRITIONAL QUALITY OF FROZEN PRODUCTS WITHOUT THE NEED FOR CHEMICAL PRESERVATIVES, ENSURING THAT THE FOOD RETAINS ITS ESSENTIAL VITAMINS AND MINERALS.





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