WINNER
INDIA 5000 WOMEN ACHIEVER AWARDS 2021

NUTRI MILLETS
परंपरा का स्वाद, सेहत के साथ

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

Monthly Newsletter Jun-2022



Let's nurture the nature for a better future.

My Earth, My responsibility!

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PREFACE

Vidya Gunturkar - Joshi
Director NMFPL

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

Time runs so quick that it's difficult to believe that our newsletter is now a year old. We started with the small attempt to update you on our developments and various topics related about the millets and with your support we reached at this first milestone. I thank you all from the team of **Millets Treat Health Foods and Nutrimillets Foods Pvt Ltd.**

I am very happy to share that readers tried various recipes at home which were published in the newsletter. We thank them for their efforts and feedback. We will continue posting new recipes for you.

World Environment Day falls on 5th of this month. We are committed to play our role in saving the mother earth along with serving quality food to the world. We feel proud that we are working on millets, which are not only nutritious but holds every possibility of becoming a crop of the future because of following reasons

- Millets are sustainable future crop as a source of food, fodder, forage, energy (fuel) and nutritional security
- Millets are highly tolerant to increased temperatures, droughts and floods.
- They hardly need any fertilizers or irrigation.
- They grow in almost any type of soil – sandy or with varying levels of acidity.

Millets can be the wonder crop providing food, nutrition and livelihood security, beating the adverse effects of climate change. We are committed to reintroduce millets on the dining table in more adaptable forms.

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

Best regards

Vidya Gunturkar - Joshi

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DPIIT Recognition to M/s Nutrimillets Foods Pvt Ltd

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CERTIFICATE NO:
DIPP101255

#startupindia

Government of India
Ministry of Commerce & Industry
Department for Promotion of Industry and Internal Trade

CERTIFICATE OF RECOGNITION

This is to certify that ***NUTRIMILLETS FOODS PRIVATE LIMITED*** *incorporated as a* ***Private Limited Company*** *on* ***02-05-2022****, is recognized as a startup by the Department for Promotion of Industry and Internal Trade. The startup is working in 'Food & Beverages' Industry and 'Food Processing' sector as self-certified by them.*

This certificate shall only be valid for the Entity up to **Ten** years from the date of its incorporation only if its turnover for any of the financial years has not extended ₹ **100 Cr.**

19-05-2022	01-05-2032
DATE OF ISSUE	**VALID UPTO**

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Millet Bhel

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Ingredients:



- 4 potatoes (boiled and diced)
- 2 onions (chopped)
- 2 tomatoes (chopped)
- 3 cups NutriMillets® Mix Farsan Chivda
- 1 cup NutriMillets® Garlic Sev
- ½ cup peanuts (roasted)
- 4 tablespoon lime juice
- 3 tablespoon green chutney
- 2 tablespoon tamarind chutney
- 2 tablespoon chaat masala
- 2 tablespoon green chillies
- A handful of fresh coriander
- 1 cucumber – sliced
- Raw mango (as per availability)

Directions:

- In a mixing bowl, add the NutriMillets® Mix Farsan Chivda and NutriMillets® Garlic Sev. Mix well.
- Add the roasted peanuts. Mix again.
- Sprinkle chaat masala.
- When adequately mixed, add the potatoes, tomatoes, onions, cucumber, raw mango slice, lime juice and green chillies.
- Add the green and tamarind chutney. Mix well.
- Garnish with coriander leaves.

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EAT HEALTHY

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These appam are made from millets..



- Good as a breakfast and high tea item.
- Suitable for all age groups (more than 1 year).
- It is Super rich in proteins (19gm protein / 100gm), dietary fibre and potassium
- Serve with Sambar and chutney

NutriMillets – Its time to relish the superfoods - millets

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THANK YOU!!

Let's make it together!!

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