



COOK  
NUTREA  
T  
your way....

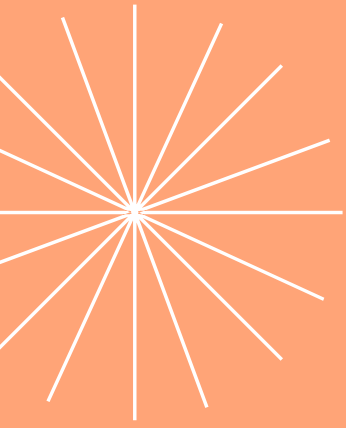


@NUTREATLIFE

# Indulge the way you like your Recipes

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# NUTREAT- VERSATILE CONCEPT

**We talk to our customers  
& listen to them, they  
said if they can have a  
recipe that they can multi  
use it but healthy ?**

**We said "Yes"**

**and we have spent hours  
& hours in our kitchen to  
handcraft the goodies  
that they have requested  
for....**



**And as a result, we made them happy with more than 70+ versatile recipes that can be cooked in many ways, not just the boring single dish. We have tried few best combinations but there are many that you could try. Do share your recipes with Nutreat & will share it with the world. What say!**

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# PORRIDGE

Healthier than the instant stuff, but with the same level of convenience.



## Directions

- 1 In a bowl boil 1 cup of milk (200ml), meanwhile make a smooth paste of Nutreat porridge mix from the pack.
- 2 To make a smooth paste take 2 tbs of Nutreat premix in a small bowl and add 4 tbs of water/cold milk. Mix it well without lumps.
- 3 Now add this paste to the boiling milk while stirring continuously. Make sure the mixture has no lumps. Cook for 2mins on medium-low flame. Add the sweetener of your choice & serve the silky smooth porridge.
- 4 Sip the soft & silky smooth porridge that is medium-hot while indulging in the natural aroma of handcrafted ingredients.

you can make it with..

Ragi Almond  
Ragi Bhog  
Nutri 28  
Porridge Rich  
Porridge Lite  
Kurukku  
Sathumaavu  
Tinnai Maavu  
Uji  
Pap  
Seed & NUT  
Seed & Sprout  
Sari

# CONGEE

Your favorite childhood drink — with a twist!

you can cook with

Taniya congee  
Skinyy Congee  
Seed & Sprout  
Ragi Almond  
Nutri28  
porridge rich  
Sathumaavu  
Thinai maavu  
Golden Porridge  
Sari

## Directions

- 1 Childhood was so fun with all the freaky tantrums but we can never forget those unlimited congee days, so have the delicious cup of congee a day to keep yourselves hydrated, with 200ml of boiled water & 1 tbs of Nutreat congee premix.
- 2 Before adding directly to the boiling water just make a smooth paste of the congee premix with 2 tbs of water & mix well so that you won't end up with lumps. Now slowly add the congee mix to the boiling water while stirring. Cook for 4-5mins while stirring.
- 3 Cool down the congee & enjoy it at room temperature. Add salt if preferred.



# BABY CEREALS

Healthier in early stages is  
always healthier in elder ages

## Directions

1

To make your baby enjoy the handcrafted baby cereal just cook 1/2 tbs of Nutreat baby cereal mix with 50ml of water/ milk.

2

Stir continuously without lumps on a low flame for about 5mins or till soft.

3

Add a pinch of salt or jaggery and top up with loads of homemade ghee. Feed your cutie with the delicious baby cereal at slightly below room temperature.



## You can cook

Annaprasana premix

Uggu stage 1 & 2

Ukkiri

Ragi almond

Ragi Bhog

Kurukku

Apricot baby cereal

Sathumaavu

Protein lite

Baby rice

Aged rice Cashew

Sari

# INSTANT PORRIDGE

Whether you are jetting off or relaxed have our instants instantly...

for...

Choco ragi Almond  
Fura  
Genfo  
Almond Porridge  
Papeda  
Urjit  
Raisin Blast  
Coconut Chia  
Peanut Masti

## Directions

- 1 In a glass full of boiled hot milk just add 2 tbs of Instant porridge mix & stir well.
- 2 Close it with a lid & keep it aside for 2 mins. Mix well again & enjoy.





# INSTANT DOSA

Instantly Crispy & Healthy

## For...

Red rice dosa mix

Bajra dosa mix

Millet dosa mix

Nutri 28

Sathumaavu

Seed and sprout

Ragi Almond

## Directions

- 1 Empty the contents of the pack & mix 250ml of water in a bowl. Mix well without lumps. Leave it aside for 6-8hrs. If you want to skip this step use sour curd instead of water.
- 2 Now, adjust the consistency of the batter just like dosa batter, add salt as per taste & heat a pan.
- 3 Heat an iron tava/pan. On medium-low flame, pour the batter with one large ladle & spread into a thin dosa. Fry the dosa until light brown. Flip and fry for 30 secs the other side. Serve hot with chutney/ sambar or curry.



# KICHADI

One pot 5 min recipe for  
your busy schedules

## Directions

1

When mornings are hurried or when you want something tasty with a healthy take. Measure 1 cup of Nutreat kichadi mix.

2

Quickly chop few veggies that you would like, & toss it in the dash of ghee in a deep-bottomed pan.

3

When they are soft add 2 cups of water, add salt as per taste & the Nutreat kichadi mix. Just stir once. Cook on a low flame for about 10mins & enjoy the fresh air meanwhile....

4

Take your plate, your kichadi is ready to be served. Hold on a second just garnish it with some coriander leaves & roasted cashews.



### You can cook

Bajra Brown rice kichadi premix

Red rice kichadi premix

Nutreat kids

Nutreat kids brown

Brown premix

Millet mix

Unpolished Sooji

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# CONCOCTION

A natural blend concoction  
for every mood.

## Directions

- 1 To have a great concoction just boil the water for 2 mins & let it cool down for a sec.
- 2 Add 1/2 tsp Nutreat concoction premix to this, and cover with a lid. You don't need to boil for a long time just for about 2 mins again. Cool it down to room temperature.
- 3 Enjoy the concoction with unpasteurized honey or as it is, sipping slowly & relaxed.



You can use it for....

Nutreat Rhizomes  
Nutreat Kernels  
Nutreat Nourishia  
Tulasi Ginger  
Dry Ginger Turmeric  
Wild Turmeric Tulasi

# INSTANTLY WITH MILK

Making healthy healthier but tastier too...



# INSTANTLY WITH MILK

## Use for

Milkmate  
Kheera Mix  
Katlu  
Panjiri  
Golden Milk Mix  
Manjal Mix

## Directions

- 1 Now make your boring milk tastier & interesting with handcrafted Nutreat milk mixes.....
- 2 Just add 2 tsp of Nutreat milk mix to boiled milk. Add a sweetener if required & stir well.
- 3 If you are uncomfortable with the fiber (residue at the bottom), just strain it off & enjoy the delicious milk.
- 4 To prepare cold milk, just chill the milk with Nutreat milk mix for about 2 hrs in a refrigerator & serve cold.



# PANCAKE

Just go with the healthier & tastier versions of Nutreat when you are craving...

## Use for...

Choco Ragi Almond Premix  
Millet pancake mix  
Millet & Nut Pancake mix  
Hunza Pancake mix  
Walnut Pancake mix  
Pista coco sugar pancake  
mix  
Nutri 28  
Sathumaavu  
Sari

## Directions

- 1 Pancakes are instantly healthy & you enjoy it in just 2 steps. Mix 1/2 cup of pancake mix in 100g of any fruit puree that you like and stir well.
- 2 Heat a pan and grease it with homemade ghee and on a low flame pour the batter without spreading it. Just cover it with a lid & turn the flame to medium-low. Cook for about 2 mins on one side. Flip, cook for 1 min and plate it.
- 3 Pancakes tastes better with unpasteurized honey or any nut butters.

You can try pancakes with egg, milk or even simply with water instead of fruit purees.



# SMOOTHIE

Just go with the healthier & tastier versions of Nutreat when you are craving...

## Use for...

Protein Smood Porridge  
Super Green Smood Porridge  
Moon magic Smood Porridge  
Choco Ragi Almond Smood  
Porridge  
Nutreat Nurtures  
Biotin Rich



## Directions

### Ingredients:

- 2 tablespoons of Nutreat Millet-Based Instant Smooth Porridge Mix (choose your favorite flavor)
- 1 ripe banana
- 1/2 cup of yogurt (you can use dairy or dairy-free)
- 1/2 cup of milk (again, dairy or dairy-free)
- 1 tablespoon of honey or maple syrup (adjust to taste)
- 1/2 cup of your favorite fruits (berries, mango, or any choice)
- Ice cubes (optional for a colder smoothie)

### Instructions:

1. **Gather Your Ingredients:** Make sure you have all the ingredients ready on your countertop.
2. **Blend the Base:** In a blender, add the Nutreat Millet-Based Instant Smooth Porridge Mix, ripe banana, yogurt, milk, and honey or maple syrup. If you like your smoothie colder, you can also add some ice cubes.
3. **Add Fruits:** Toss in your choice of fruits. Berries give it a burst of color and antioxidants, while mango adds a tropical twist.
4. **Blend Away:** Close the blender lid and blend everything until it's smooth and creamy. Depending on your blender's power, this should take about 30 seconds to a minute.
5. **Check Consistency:** If your smoothie seems too thick, add a little more milk and blend again until you reach your desired consistency.
6. **Taste Test:** Give it a quick taste and adjust the sweetness with more honey or maple syrup if needed. Some like it sweeter, some like it milder – it's your call!
7. **Serve and Enjoy:** Pour your Nutreat Millet-Based Instant Smooth Porridge Mix smoothie into a glass, pop in a straw, and sip away. It's a nutritious and tasty way to start your day or enjoy as a snack anytime.

Feel free to get creative with your smoothie by adding nuts, seeds, or a sprinkle of cinnamon for extra flavor and nutrition. Enjoy your Nutreat-powered smoothie adventure!

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happy eating

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