

Ms. Chandan Manroa- Head Nutrition, Prolicious spoke on “New and Trendy Products –The Millet Way”. She mentioned about increased awareness among people with respect to the food they eat be it nutrition, food safety, packaging or sourcing. The current lifestyle demands healthy meal options that boost energy and immunity, which millets and traditional grains can fulfil when added to the regular diet. Millets have high fibre, are heart healthy, micronutrient-rich, have no cholesterol, are gut friendly and have high protein content which can help in avoiding lifestyle diseases. New age millet recipe innovations need to combine taste and health. She pointed out that millets are versatile ingredients that can be used to increase nutrition, make the product more delicious and can easily blend into popular food products like adding millet flour to wheat flour to improve flavour, aroma, protein, fibre, iron and zinc content of baked goods. Millets are beneficial for people with celiac disease as they are gluten free, and diabetic friendly due to low glycaemic index and also have antioxidant properties.

She went ahead and introduced the RTC and RTE Millet products including flours from which quick beverage for breakfast, rotis, wraps etc. can be prepared. Millet noodles, millet pasta, millet dosa mixes, millet vermicelli may make a good meal for children the ever favourite biscuits, cookies, cakes, brownies, bread, buns made with millets.