

In today's nutritional field suffering with lots of quillet, let there be an upraised appreciation of the MARVELOUS MILLET. Millets are amazing in their nutrient content. Each of the millets is three to five times nutritionally superior to the widely promoted rice and wheat in terms of protein, minerals and vitamins. Millets are coarse grains and a repository of protein, fibre, vitamins and minerals. They include jowar (sorghum), ragi (finger millet), korra (foxtail millet), arke (kodo millet), sama (little millet), bajra (pearl millet), chena/barr (proso millet) and sanwa (barnyard millet). Millets are more than just an interesting alternative to the more common grains but are rather great nourishers of our vibrant health. In the hope of becoming fit, we start consuming whatever 'superfood' is trending, ready to spend a bomb, becoming indifferent to the goodness of our own food. Various barnyard millet incorporated breakfast mixes are viewed within. Among the varieties available to us as foods, let these barnyard millets take care of our indispensable livelihood.

Barnyard Millet - Immortalizer of Mortals

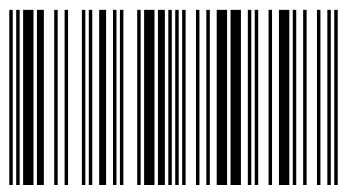


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Storage Study of Barnyard Millet Incorporated Breakfast Mix

MILLET - A Miraculous and Mysterious Store House
of Good Health

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