



16

LEPTYN 

# Healthy Recipes

[www.leptyn.com](http://www.leptyn.com)

# INDEX

- 1. MULTI MILLET DOSA**
- 2. MULTI MILLET CHILLA (ADAI)**
- 3. HORSE-GRAM VERMICELLI**
- 4. HORSE-GRAM VERMICELLI BATH**
- 5. MULTI MILLET UPMA**
- 6. MULTI GRAIN HEALTH MIX SOUP**
- 7. MULTI GRAIN HEALTH MIX SMOOTHIE**
- 8. MULTI MILLET MUESLI**
- 9. BARNYARD MILLET NOODLES**
- 10. MULTI MILLET PANCAKE & WAFFLES**
- 11. FOREST ELEPHANT RICE DOSA**
- 12. FOREST ELEPHANT RICE WITH DRUMSTICK LEAVES**
- 13. RED RICE PORRIDGE**
- 14. RED RICE PEAS PULAO**
- 15. KODO MILLET PLAIN BIRYANI**
- 16. KODO MILLET PUDINA RICE**

NOTE: ALL DISH IMAGES SHOWN ARE FOR INDICATIVE PURPOSE ONLY

# KNOW MILLETS USED IN LEPTYN PRODUCTS

**Millets** are a diverse group of small-grained cereals, have been integral to Indian agriculture for centuries, serving as staple crops. These resilient grains contribute to the diverse culinary tapestry of the nation. Millets used in different Leptyn products include:



**Pearl Millet / Bajra / Kambu:** Pearl millet is high in copper, iron, magnesium, phosphorus, selenium and zinc. It is also a source of thiamin and vitamin B.

NUTRIENT VALUES (100 g)*				
Energy 366 kcal	Available carbohydrates 63 g	Protein 9.9 g (9.3 g–10.2 g)	Fat 6.1 g (5.3 g–7.2g)	Dietary fibre 9.5 g (8.8 g–11.5 g)



**Sorghum/Jowar/Cholam:** Sorghum is high in copper, magnesium, phosphorus and selenium, and is a source of iron, zinc, thiamin, niacin, pantothenic acid and vitamin B6.

NUTRIENT VALUES (100 g)*				
Energy 345 kcal	Available carbohydrates 63 g	Protein 10.1 g (8.6 g–11.5 g)	Fat 3.4 g (1.7 g–4.7 g)	Dietary fibre 10.7 g (6.3 g–14 g)



**Finger Millet/Ragi/Kezhvaragu:** Finger millet is high in thiamin, copper, magnesium, phosphorus and selenium. It is also a source of iron.

NUTRIENT VALUES (100 g)*				
Energy 336 kcal	Available carbohydrates 67.3 g	Protein 6.7 g	Fat 1.9 g**	Dietary fibre 11.2 g



**Barnyard Millet/Jhangora/Kuthiraivali:** Barnyard millet is high in pantothenic acid, phosphorous and zinc. It is a source of thiamin, copper and magnesium.

NUTRIENT VALUES (100 g)*				
Energy 351 kcal	Available carbohydrates 69.4 g	Protein 8.8 g	Fat 3.3 g	Dietary fibre 4.3 g



**Little Millet/Kutki/Samai:** Barnyard millet is high in pantothenic acid, phosphorous and zinc. It is a source of thiamin, copper and magnesium.

NUTRIENT VALUES (100 g)*				
Energy 353 kcal	Available carbohydrates 66.2 g	Protein 9.4 g	Fat 3.9 g**	Dietary fibre 7.7 g



**Foxtail Millet/Kangni/Thinai:** Foxtail millet is high in thiamin, pantothenic acid, copper, magnesium & phosphorus. It is a source of iron, niacin, vitamin B6 and zinc.

NUTRIENT VALUES (100 g)*				
Energy 356 kcal	Available carbohydrates 67.2 g	Protein 9.7 g (8.3 g–10.4 g)	Fat 4.4 g	Dietary fibre 4.5 g (1.6 g–8.5 g)



**Kodo Millet/Kodra/Varagu:** Kodo millet is high in magnesium and selenium, and is a source of thiamin, riboflavin, copper and zinc.

NUTRIENT VALUES (100 g)*				
Energy 356 kcal	Available carbohydrates 67.2 g	Protein 9.7 g (8.3 g–10.4 g)	Fat 4.4 g	Dietary fibre 4.5 g (1.6 g–8.5 g)

## **Nutritional Benefits of Millets:**

Millets shine as nutritional powerhouses, boasting rich mineral content, low glycemic index, and ample protein. Their adaptability allows them to thrive in challenging conditions, resisting diseases and pests. Millets contribute significantly to overcoming food scarcity, supporting sustainable land restoration, and fostering biodiversity.

## **Daily Meal Benefits of Millets:**

With their mild, nutty flavor, offer a versatile and nutritious choice for both savoury and sweet dishes. Integral to diverse traditional and Indigenous culinary cultures, they cater to a wide range of dietary preferences. For those with gluten sensitivities or coeliac disease, millets provide a gluten-free alternative, expanding dietary options and promoting digestive health.

## **Weight Loss Benefits of Millets:**

Incorporating millets into a weight loss plan is advantageous due to their nutritional richness, high fiber content and low glycemic index (Low GI) for some millets. The fiber promotes a sense of fullness, aiding in calorie control and contributing to a balanced diet. Millets prove beneficial for weight management goals.

## **Benefits of Millets for Diabetics:**

Millets emerge as an excellent choice for individuals with diabetes due to their low glycemic index, helping regulate blood sugar levels and preventing rapid spikes. The complex carbohydrates in millets contribute to sustained energy release, making them a favourable option for diabetic-friendly diets.

## **Benefits for Digestion and Gluten Allergy:**

Beyond their nutritional prowess, millets support digestive health, making them an ideal choice for a healthy lifestyle. Additionally, for those with gluten sensitivities or coeliac disease, millets offer a safe and nutritious gluten-free alternative, ensuring a balanced and inclusive diet.

## SAMPLE MEAL PLAN: 2-5 KG WEIGHT LOSS IN 1 MONTH

Food Name	Portion size	Meal type	No of Meals	Suggested Accompaniments
Multi Millet Dosa	30 gm (2tbsp)	B'fast	10	Green Chutney / Green Fresh Salad / Sprouts
Multi Millet Chilla (Adai)	30 gm (2tbsp)	B'fast / Snack	10	Green Chutney / Green Fresh Salad / Sprouts
Multi Millet Upma (Pongal)	30 gm (2tbsp)	B'fast	10	Add veggies in upma / Green Chutney / Salad / Sprouts
Horse-gram Vermicelli	30 gm (2tbsp)	B'fast	5	Add veggies in vermicelli / Green Chutney / Salad / Sprouts
Barnyard Millet Noodles	1/4th bunch	Snack/ Dinner	4	Add veggies to noodles
Multi Millet Muesli	20 gm (1.5tbsp)	Snack/ Dinner	10	Have with 1 cup slim milk
Multi Millet Pancake	20 gm (1.5tbsp)	Snack/ Dinner	10	Add small portion of berry fruits as toppings if needed
Multigrain Health Mix	20 gm (1.5tbsp)	Soup / Dinner	10	Add sauté vegetables, make as soup or meal replacement
Kodo Millet	30 gm (2tbsp)	Lunch	10	Alternative to white rice in mini lunch meal
Red Rice	30 gm (2tbsp)	Lunch	10	Soak overnight. Alternative to white rice in mini lunch meal.
Forest Elephant Rice	30 gm (2tbsp)	Lunch	10	Soak overnight. Alternative to white rice in mini lunch meal.

# MULTI MILLET DOSA

## Ingredients:

- 30 grams (2tbsp) Millet Dosa Instant Mix
- Water
- Oil for Cooking

## Cooking Directions:

- Prepare Batter: Take 30 grams of Millet Dosa Instant Mix and add water to make a smooth batter. Let it rest for 10 minutes.
- Cook Dosa: Pour the batter onto a hot pan, spread it in a circular motion, and drizzle oil. Cook until golden on both sides.
- Serve: Serve hot with mint chutney or sambhar.

*Note: Enhance the dosa by adding cleaned drumstick leaves or grated vegetables for added nutrition.*



# MULTI MILLET CHILLA (ADAI)

## Ingredients:

- 30 grams (2tbsp) Millet Chilla Instant Mix
- Water
- Chopped Onion, Curry leaves (optional)

## Cooking Directions:

- Make Batter: Take 30 grams of Millet Adai mix, add water, and make a coarse batter. Let it rest for 10 minutes.
- Prepare Chilla Adai: Sauté onion and curry leaves. Mix with the batter. Cook thick adai on a hot tawa.
- Serve: Serve with mint chutney or ridge gourd chutney or avial

*Note: Add grated vegetables to the batter for a nutritious twist.*





# HORSE-GRAM VERMICELLI

---

## Ingredients:

- 30 grams (2 tbsp) Horse-gram Vermicelli
- Water
- 1/2 tsp Oil
- Mustard seeds
- Jeera (cumin seeds)
- Channa dal
- Sliced Onion
- Mixed Vegetables
- Green Chilli
- Salt to taste
- Grated Coconut (optional)

## Cooking Directions:

- Take 30 grams of Horse-gram Vermicelli, soak it in plain water for 3 minutes.
- Drain the water and steam the Horse-gram Vermicelli for 5 minutes.
- In a separate pan, add 1/2 tsp of oil, mustard seeds, jeera, channa dal, sliced onion, mixed vegetables, green chilli, and salt. Sauté well until cooked.
- Once cooked, add the steamed Horse-gram Vermicelli and mix well.
- Optionally, add grated coconut.
- Serve hot

# HORSE-GRAM VERMICELLI BATH

## Ingredients:

- 30 grams (2 tbsp) Horse-gram Vermicelli
- 1 tsp Sesame Oil
- 1/4 tsp Mustard Seeds
- 1/4 tsp Cumin Seeds
- Cashew Nuts (few)
- 1/4 cup Green Peas
- 1 Tomato (chopped)
- Curry Leaves (few)

## Cooking Directions:

- Soak the Horse-gram Vermicelli in cold water for 3 minute and drain.
- Steam the drained vermicelli for 5 minutes.



- Heat oil in a pan, splutter mustard seeds and cumin seeds. Add cashew nuts and fry until golden.
- Add curry leaves, ginger, green peas, and chopped tomatoes. Cook until the oil separates, then switch off the flame.
- Add the cooked Horse-gram Vermicelli to the gravy and gently mix, taking care not to smash the vermicelli.
- Switch on the stove again, warm up the Horse-gram Vermicelli Bath on low flame, stirring for two more minutes.
- Enjoy the power-packed Horse-gram Vermicelli Bath with a cup of thick curd.

# MULTI MILLET UPMA

---

## Ingredients:

- 30 grams (2 tbsp) Millet Upma Mix
- 1 tsp Oil
- Mustard Seeds
- Bengal Gram Dal
- Urad Dal
- Slit Green Chilli
- Curry Leaves
- Sliced Onion
- Mixed Vegetables (optional, 1/4 cup)
- 1/2 inch Crushed Ginger
- 2 pods of Garlic
- Asafoetida
- Water
- Chopped Coriander Leaves (for garnish)
- Coconut Chutney
- Sambhar

## Cooking Direction:

- Roast 30 grams of Millet Upma Mix in a pan.
- In a kadai, add 1 tsp of oil. Add mustard seeds, bengal gram dal, urad dal, and fry.
- Then add slit green chilli, curry leaves, sliced onion, and mixed vegetables (if using). Add crushed ginger, garlic, and asafoetida. Sauté well.

- Add water in the ratio of 1:2 and let it boil.
- Once the water is boiled, add Millet Upma Mix to the boiling water.
- Cook on low flame for 15 minutes or until it's cooked.
- Once cooked, garnish with chopped coriander leaves.
- Serve hot with coconut chutney and sambhar.



# MULTI GRAIN HEALTH MIX SOUP

## Ingredients:

- Assorted Vegetables (carrot, mushroom, green peas, beans, cabbage, etc.)
- 1.5 table spoon (20 grams) Health Mix
- Water
- 1 tbsp Grated Ginger
- Chopped Onion (for topping)
- Chopped Coriander Leaves (for topping)
- Cumin Tadka (with dry red chili)



## **Cooking Direction:**

- In a pot, bring water to a boil.
- Add assorted vegetables of your choice (carrot, mushroom, green peas, beans, cabbage, etc.) to the boiling water. Cook until the veggies are tender.
- In a separate bowl, mix 1 cup of Health Mix Flour with 1/4th cup of boiling water to make a paste.
- Add the Health Mix paste to the boiling vegetable mixture. Stir continuously to avoid lumps.
- Cook until the soup thickens, and add grated ginger.
- Top the soup with chopped onion and coriander leaves.
- In a separate pan, prepare a cumin tadka with a dry red chili. Pour the cumin tadka over the soup.
- Mix everything well and serve hot.

## **MULTI GRAIN HEALTH MIX SMOOTHIE**

---

### **Ingredients:**

- Health Mix: 1.5 tbsp (20 grams)
- Milk or almond milk: 200 ml
- Banana or berries: for flavour
- Honey or chia seeds: for sweetness

### **Cooking Direction:**

- Take all the ingredients in a blender
- Blend to make a smoothie
- Serve chilled in a glass

# MULTI MILLET MUESLI

## Millet Muesli Bowl

### Ingredients:

- 20 gms Millet Muesli Mix (1 tbsp + 1 tsp)
- 100 ml Slim or Skimmed Milk
- 100 grams Seasonal Fruits (apple, pear, guava, papaya, pineapple, muskmelon)

### Cooking Direction:

- Take 20 grams of Millet Muesli Mix (1.5 tbsp) in a bowl.
- Add 100 ml of cold slim or skimmed milk to the muesli mix.
- Add 100 grams of your favourite cut seasonal fruits. Options include apple, pear, guava, papaya, pineapple, and muskmelon.





# BARNYARD MILLET NOODLES

## Barnyard Millet Noodles Stir-Fry:

### Ingredients:

- 45 gms Barnyard Millet Noodles (1/4th bunch)
- Water
- 1 tsp Cooking Oil (for boiling noodles)
- Salt (to taste)
- Vegetables (onion, capsicum, tomato, carrot, peas, beans)
- Cooking Oil (for stir-frying)
- Masala (of your choice)



## **Cooking Direction:**

- Take 45 grams of Barnyard Millet Noodles and cook them for 5 minutes in three times the amount of boiling water.
- Add a spoon of cooking oil and required salt (if needed) to the boiling water. Boil the noodles for 5 minutes.
- Drain off the water and set the noodles aside.
- In a pan, add oil and stir-fry onion, capsicum, tomato, and other desired vegetables (carrot, peas, beans).
- Add noodles masala to the vegetables and mix well.
- Now, add the cooked noodles to the pan and mix everything well.
- Serve the Barnyard Millet Noodles Stir-Fry hot and enjoy a delicious and healthy meal.

# MULTI MILLET PANCAKE & WAFFLES

## Ingredients:

- Millet Pancake and Waffle Mix: 20 grams
- Buttermilk/Milk/Coconut Milk: 50-75 mL
- Butter for cooking
- Maple Syrup or Honey for serving
- Optional: Cinnamon Powder for flavour

## Cooking Direction:

- In a mixing bowl, take 20 grams of millet pancake and waffle mix.
- While mixing, add 50-75 mL of buttermilk, milk, or coconut milk. Mix well to achieve a dosa-like consistency.
- Warm a pan over medium heat and grease it with a little butter.
- Pour the batter into the heated pan and cook on both sides until done. Serve warm, topped with maple syrup or honey.



- For waffles, grease a waffle tray with butter or ghee. Pour the waffle batter until it's done.
- Serve the waffles hot, accompanied by cut fruits such as banana and mango, and grated coconut if desired.
- Optional: Add  $\frac{1}{4}$  spoon of cinnamon powder to the batter for extra flavour.

# FOREST ELEPHANT RICE DOSA

## Ingredients:

- 30 grams Forest Elephant Rice
- 30 grams Idly Rice
- 10 gms Urad Dal
- 1/2 tsp Methi Seeds (Fenugreek Seeds)
- Salt (to taste)

## Cooking Direction:

- Wash and soak both the Forest Elephant Rice and Idly Rice together for 6 hours.
- Soak Urad Dal and Methi Seeds together for four hours.
- Grind the rice and dal separately.
- Mix both the batters well, add salt, and allow it to ferment like normal batter.



- Once fermented, make dosa.
- Enjoy tasty dosa. You can also make idlis, uttapam, or paniyaram with the same batter.
- Serve the idlies with red capsicum chutney for a delightful meal.

## FOREST ELEPHANT RICE WITH DRUMSTICK LEAVES

---

### Ingredients:

- 30 grams Forest Elephant Rice (Kaatuyanam Rice)
- 1/2 cup Drumstick Leaves
- 1 cup Water
- 1/4 cup Grated Coconut
- 1/2 teaspoon Fennel Seeds
- 1/4 teaspoon Cumin Seeds
- 4-6 Small Onions (Shallots)
- Pinch of Turmeric Powder
- 1/2 teaspoon Chilli Powder
- Salt (to taste)

### Method:

- Rinse 30 grams of Kaatuyanam rice in water for 3-4 times and add required water. Soak for 8 hours or overnight. Once soaked well, drain off the water to a bowl (don't waste the drained water; it can be used later). Grind to coarse rice using a blender or mixie. (Do not grind into a fine powder).
- Add the ground rice to a cooker. Add 1 cup of water (200ml) and required salt. Mix well and close the cooker. After steam

releases, put on the weight. Cook for 4-5 whistles. Turn off the flame.

- In a mixer jar, add chopped coconut (2 tsp), fennel seeds (1/2 tsp), cumin seeds (1/4 tsp), and small onions (6-7). Grind well, adding some water to form a smooth paste.
- Once the steam is released completely, open the cooker. The rice should be cooked well. Add washed drumstick leaves (1/2 handful or as needed) and coconut paste.
- Add 1/2 cup of water, a pinch of turmeric powder, and chilli powder as needed. Mix well thoroughly. Depending on the consistency, add water and mix well. Let it boil for 10 minutes on medium flame. Switch off the flame.
- Serve hot with coconut chutney. Enjoy the healthy and traditional Kaatuyanam Drumstick Leaves Rice!

# RED RICE PORRIDGE

---

## Ingredients:

- 30 grams Red Rice
- 1 tsp Channa Dal
- 2 tsp Moong Dal (Whole Green Gram)
- 1/4 tsp Ginger-Garlic Paste
- 1/2 Big Onion (roughly chopped)
- Handful of Coriander Leaves
- Few Mint Leaves
- 1/4 small Carrot (chopped)
- 1 Whole Green Chilli
- 1/4 tsp Dry Fried Fenugreek Seeds
- 1 Garlic Pod
- 1/2 tsp Grated Coconut
- 1 tsp Ghee
- 1/2 Cinnamon Stick
- 1 Cardamom
- Salt (to taste)

## Cooking Direction:

- Take red rice, channa dal, and moong dal. Mix all three, wash, and soak for 2 hours in 200 ml of water.
- In a pressure cooker, add the soaked ingredients with the same water.
- Add one tablespoon of freshly made ginger-garlic paste and mix.



- Add roughly chopped onion, a handful of coriander leaves, a few mint leaves, one small chopped carrot, and 2 whole green chilies.
- Dry roast fenugreek seeds in a pan and add to the mixture for aroma.
- Add 1 garlic pod and 200 ml of water to the pressure cooker.
- Close the pressure cooker and let it whistle once. Keep it on a low flame for 20 minutes and then turn off the stove.
- Serve the hot and nutritious red rice porridge.



# RED RICE PEAS PULAO

---

## Ingredients:

- Red Rice: 30 grams
- Green Peas: 1/2 cup
- Cardamom: 1 pod
- Cinnamon Stick: 1/2 inch
- Bay Leaf: 1/2
- Cumin Seeds (Jeera): 1 teaspoon
- Ghee for cooking

## Method:

- Soak the red rice for one hour. Pressure cook the red rice with 1 cup of water in a pressure cooker for about 4-5 whistles until they are just cooked.
- Heat a kadai with ghee, add whole spices like cardamom pods, cinnamon stick, bay leaf, and cumin seeds. Allow them to splutter.
- Add green peas and fry for 10 seconds. Add the cooked rice and stir well, sprinkle salt according to taste. Mix everything well and let it cook for 2 more minutes.
- Once done, switch off the heat, and it is ready to be served.
- Serve the Red Rice Peas Pulao along with spinach paneer kofta curry or palak paneer.

# KODO MILLET PLAIN BIRYANI

---

## Ingredients:

- 30 grams Kodo Millet
- 1 tsp Oil
- 2 tsp Ghee
- 1 Bay Leaf
- 1 Cardamom
- 1 Star Anise
- 2 to 3 Cloves
- 5 Cashew Nuts
- 2 Onions, chopped
- 1/2 tsp Chilli Powder
- 1/2 tsp Coriander Powder
- 1/4 tsp Garam Masala
- Salt (to taste)

## Methods:

- Soak the Kodo millet for 1 hour.
- Wash the Kodo millet 4-5 times, drain the water, and set it aside.
- Heat the pressure cooker and add oil and whole garam masala (bay leaf, cardamom, star anise, cloves). Add salt to taste.
- Add 2 split green chilies and 1 tsp freshly ground ginger-garlic paste. Sauté until the raw smell disappears.
- Add one sliced tomato, sauté it, and add coriander and mint leaves. Mix well.

- Add chopped carrot and other veggies of your choice (1 cup mixed, like beans, cauliflower, peas). Add chilli powder, coriander powder, and garam masala.
- Pour one cup of water and add the millet. Pressure cook for 2-3 whistles.
- Once it's cooked, turn off the pressure cooker and serve it hot. Enjoy your healthy and delicious Kodo Millet Plain Biryani!



# KODO MILLET PUDINA RICE

---

## Ingredients:

- 30 grams Kodo Millet
- 1 tsp Oil
- 2 tsp Ghee
- 1 Bay Leaf
- 1 Cardamom
- 1 Star Anise
- 2 to 3 Cloves
- 5 Cashew Nuts
- 2 Onions, chopped
- 1 Green Chilli
- 1/2 tsp Coriander Powder
- 1/4 tsp Garam Masala
- Salt (to taste)

## Cooking Direction:

- Wash and soak 30 grams of Kodo Millet for one hour. Add 200ml of water (1 cup) to the Kodo Millet and cook it in a pressure cooker for 2 whistles. Once cooked, allow it to cool.
- Take 1/4 cup of Pudina leaves, 1/2 green chili, a piece of ginger, 2 tsp of grated coconut, a piece of tamarind, and salt to taste.
- Heat 2 tsp of oil. Add 1/2 tsp each of mustard seeds, urad dal, bengal gram, groundnuts, 2 red chilies, and curry leaves. sauté well.

- Add the Pudina mixture and sauté for 3 minutes until the raw smell goes. Then add the cooked Kodo Millet and mix well. Add extra salt if required.
- Garnish with roasted cashews.
- Serve with Poriyal or subji.

*Note: You can add onions, grated carrots, or green peas to this rice for added flavor.*

LEPTYN 



# WEIGHT LOSS FOOD KIT

**ASSURED 2-5 KG WEIGHT LOSS\***

- ✓ 1 Month Food Kit - 100 Meals
- ✓ Personalized Diet Chart
- ✓ 2X Dietician Consultation

PER MEAL  
**₹25**  
COST

OFFER PRICE ONLY  
~~₹ 3999/-~~  
**₹ 2499/-**

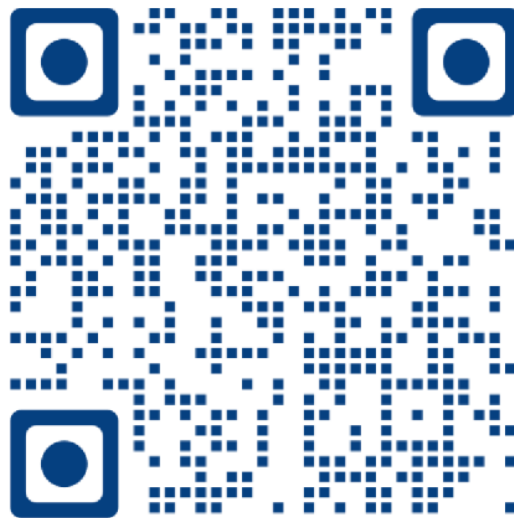
11  
ITEMS



# Healthicious Choice



**SCAN TO BUY LEPTYN PRODUCTS & KITS ONLINE**



**LEPTYN (A UNIT OF CRATOS HEALTHTECH PVT LTD)**

**ADDRESS:** #17, 11TH CROSS STREET, INDIRANAGAR  
ADYAR, CHENNAI - 600020, TAMIL NADU, INDIA

**PHONE:** +91 93 6301 6300

**WHATSAPP:** +91 93 6301 6300

**EMAIL:** SUPPORT@LEPTYN.COM

**WEBISTE:** WWW.LEPTYN.COM