

MILLET FOR HEALTH COOKING

E-Learning Course



Learn To Cook Delicious & Healthy Recipes Using More Than 7 Types Of Millets Gluten-free & Vegan Millet Meals, Desserts, Breads & More

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WHY YOU SHOULD DO THIS COURSE?

Millets are a super-food of our ancestors which our generation is reinventing. There are several varieties & grain sizes of millets. Each has a different cooking time, technique & flavor. This course will help you select & identify various millets, understand which recipes can be made with which millet, make a millet platter including drinks, desserts & meal bowls.



Make tasty, gluten-free & vegan recipes



Specific recipes for different Millets



Designing a millets-based daily diet



Downloadable Recipe E-Book



PALLAVI UPADHYAYA

(MILLETS FOR HEALTH)

Pallavi Upadhyaya is the co-founder and Managing Director of **Millets for Health**, a social enterprise founded in 2016, dedicated to **promoting millets amongst the farmers** as well as bringing them to the **urban tables**.



WHAT YOU GET

Recipe Demonstrations

7 Modules and 3+ hours of Learning Content

Learning To Cook 7+ Types of Millets

Foxtail, Ragi, Jowar, Little Millet, Proso, Kodo, Samak, Bajra

Downloadable E-Book

5 Downloadable Recipe E-books: Millets for health, Juices & smoothies, Yummy Millets snacks millets, South indian millets recipes, Navratri satvic recipes

Support

Private whatsapp support group with the expert to answer queries

Course Access

Access The Course As Per Your Convenience Within The Validity Of 1 Year

Certificate

Get A Course Completion Certificate



COURSE STRUCTURE

Module I - ALL ABOUT MILLETS

1. Starting your Millet Journey
2. What are different ways we can consume Millets?
3. How to Choose the Right Quality of Millets?
4. How do millets help in diabetes and controlling sugar ?
5. Millets are gluten-free
6. Millets and climate change
7. Suggested Meal Plan With Millets?



MODULE II - SNACKS & BREAKFAST

1. Muthiya
2. Ragi Malt
3. Thalipeeth
4. Granola Mix
5. Pancakes

MODULE III - MAIN COURSE MEALS

1. Upma
2. Browntop Fermented Ambali
3. Kangani Healing Pulav
4. Ragi Carnatic Dosa
5. Foxtail Paniyaram
6. Jowar Arrabiata Pasta
7. Kodo Millet Rawsome Salad
8. Little Millet Shepherd's Pie





COURSE STRUCTURE

Module IV - ROTIS & BREADS

1. How to make Millet roti?
2. Sorghum Indian Phulka
3. Crunchy Bajra Khoba Roti
4. Samak Baked Bread
5. Varagu Akki Roti



MODULE V - DELICIOUS DESSERTS

1. Ice-Cream
2. Jowar Chocolate Cake
3. Ragilicious Laddoos
4. Sattu, Almond & Cashew Barfi
5. Samak Creamy Kheer
6. Gluten Free Sprouted Sorghum Cookies

MODULE VI - BONUS SESSION RECORDING

1. South Indian Cooking
2. Yummy snacks

MODULE VII - DEMYSTIFY MILLETS

1. 36+ short lessons on Tips
2. Clarifying Frequent Queries and Hacks





Enrich Your Daily Diet With Nutritious Millets!

Enroll In The Course

<https://elearning.wellcure.com/millets-for-health-cooking-course-e-learning-program>



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