

A close-up photograph of a Himalayan nettle plant. The image shows several green, serrated leaves with prominent veins. A small, light green flower is visible in the center-right of the frame. The background is a soft, out-of-focus green.

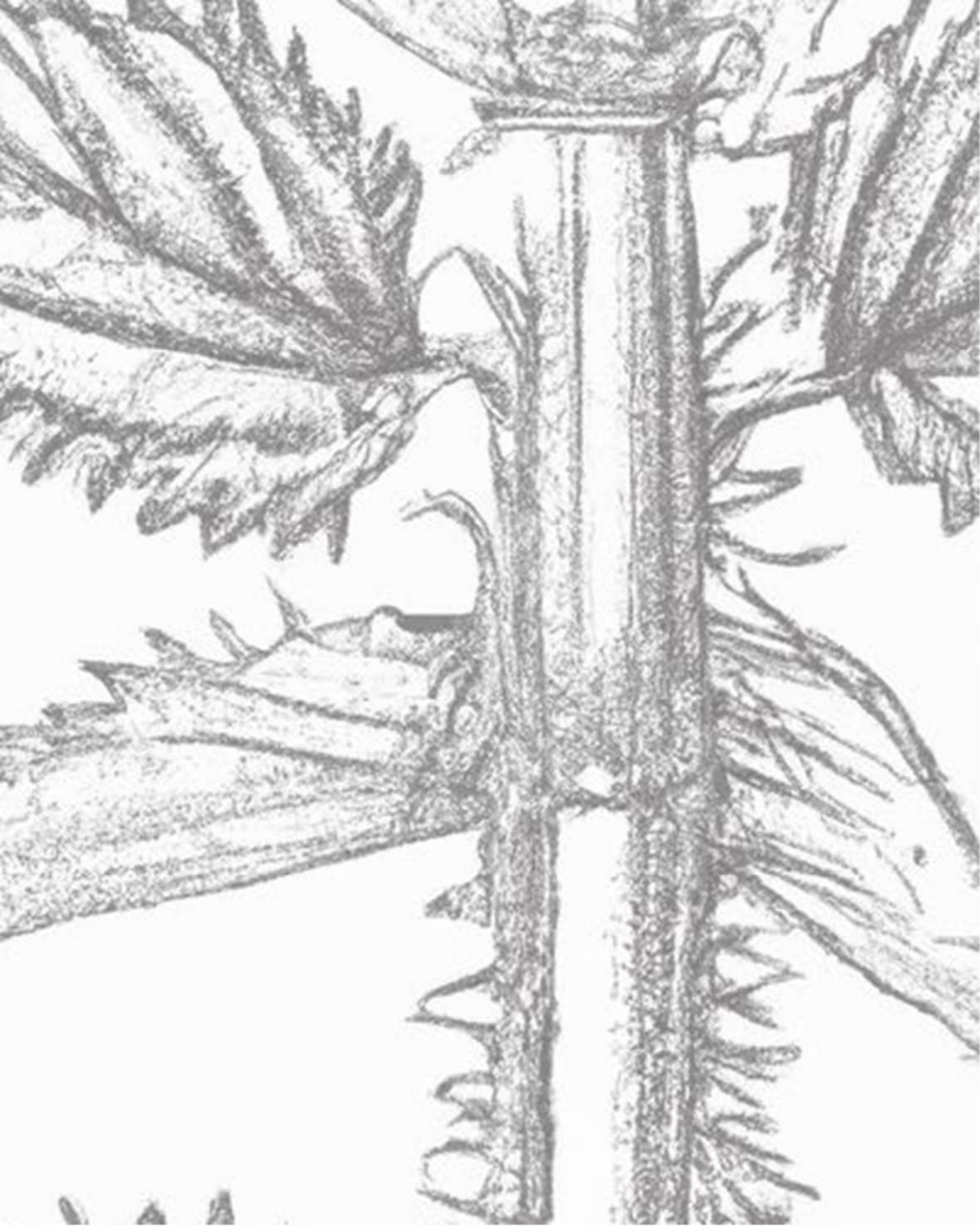
Nettle Of Himalaya

The Gift Of Nature

Dr.Vasudha Pant

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P r e f a c e

The seeds of 'Project Nettle' were sown a decade back during my conversation with Santosh Thomas Hoehne, director of SOS Organics, village Chitai Pant, Almora. The conversation revolved around desolation of agriculture, changing climate and migration from the hills. Santosh, a German by origin but now an Indian citizen, provided me with many practical options with focused on realistic commercial solutions of the problems on the ground. This series went on for many days, until, out of frustration and annoyance I zeroed in on the totally neglected and down market food of the lower class, the lowly nettle plant. Santoshji was very enthusiastic about the concept and educated me about the many qualities of this plant and the demand for its infusion in Germany. He provided me with a copy of a nettle lab analysis report; it was an eye opener. Together, we even planned of a dedicated unit of nettle products. As my research on the subject began with the dedication of a new convert, I was convinced that 'Project Nettle' could be a game changer for the mountains in times to come.

The Year 2015 was devoted to gathering information and interacting with university academicians, research institutions, corporates, other voluntary organizations, etc. to motivate them to work on Nettle. I attempted to motivate people to consume its products. Despite positive inputs, no one came forward to take up the challenge. Finally I decided to take up the work on my own, for which I am thankful to GBPNIHE&SD for their encouragement and support.

This journey continues with the research and development back-up of NMHS (MoEF&CC). In the meantime, we have worked extensively through various mediums and through village meetings to motivate people to include it in their diet and to take advantage of this plant for livelihood generation

Post-Covid in 2022, a team of four people from Gurgaon came to the Green Hills office for a discussion on our work on water conservation, tree plantation etc. When they were leaving, as usual I could not stop and started talking about our work on nettle plant. The discussions continued for a long time and finally one of the guests commented: “I am from the business world and I assure that one revolution was brought by Baba Ramdev’s aloe vera, the other economic revolution will come through this nettle plant, although it will take time...”

From our end the research work has been done satisfactorily, now the dream has to materialize at the practical commercial level.

Dr Vasudha Pant

Acknowledgements

I extend my gratitude to the project partner institutions 'GBPUA&T and NCML' of the project "Exploring Livelihood Potential of Wild Growing Stinging Nettle (*Urtica dioica*) in Uttarakhand" for timely execution of the project for achieving the objectives and deliverables within the given time frame.

I thank Mr Prashant Bagade (NCML) and Prof Sunita T. Pande (GBPUA&T) and Dr Uma Nauliya (KVK, Almora) for following the timeline and carrying out the validation research trials in respective domain area of the research under their advisory and providing all kinds of cooperation through the mentioned NMHS project.

I deeply acknowledge the immense interest of my entire Green hills team members Bhupendra Singh Waldiya, Parth Tiwari, Deepak Joshi, Deepak Gaira, Pushpa Waldiya, Kavita, Babita and Jayesh for taking the whole hearted interest in the various activities of the project and extend their support beyond time boundaries.

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in-aid provided by NMHS. Support received from the NMHS office Almora Team is also duely acknowledged.

Designing & Photography by Pradumn Rawat.



Project Management Unit (PMU)
NATIONAL MISSION ON HIMALAYAN STUDIES (NMHS)
G.B. Pant National Institute of Himalayan Environment (NIHE)

MESSAGE



The National Mission on Himalayan Studies (NMHS) is spread across the Indian Himalayan region (IHR) with the Vision “to support the sustenance and enhancement of the ecological, natural, cultural, and socio-economic capital assets and values of the IHR”. Under the mission, the project “Exploring Livelihood Potential of Wild Growing Stinging Nettle (*Urtica dioica*) in Uttarakhand” was supported to establish a connect between “science–society–practice” by way of exploring the livelihood options alongside reviving the indigenous and traditional knowledge systems.

Under this NMHS-supported project, a book “*Nettle of Himalaya – the Gift of Nature*” has emerged based on the project findings. The target species *Urtica dioica* (Stinging Nettle) is identified holding immense potential in several areas and domains serving the human, animal and their environment alike. It grows profusely in the temperate regions and contains very high levels of various nutrients including vitamins, macro- and micro-nutrients apart from protein and crude fiber.

The author of the book Dr. Vasudha Pant is congratulated for this noteworthy publication after strenuous efforts in gathering information and interacting with university academicians, research institutions, corporates, other voluntary organizations, and local communities, etc., which will motivate and bring all together to work on this majestic Himalaya species Nettle. The species is utilized not only as medicine but also nutritionally significant wild food species using different parts of the plant viz., seeds, leaves, roots. This is also reflected in all the regional folk medicines for the treatment of plethora of diseases like uterine hemorrhage, cutaneous eruptions, eczema, and nosebleed. As a reservoir of nutrition and medicine under the healthcare, the species is recommended to motivate people to include the species in their diet as well as take advantage of this species towards livelihood generation.

Hope the insights and practices shared in the book will help researchers, entrepreneurs, industrialists, and other local Himalayan communities alike in utilizing the natural resource optimally.

Er. Kireet Kumar

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Nettle As Medicine

Apart from being nutritionally significant wild food species hold promise as medicine also. In general, every such plant is a treasure house of phytochemicals with a variety of undocumented benefits to human wellbeing. Very little is known about health benefits of regular consumption of small quantities of varied plants. We are surrounded by such plants the only problem is we are ignorant.

The nettle was greatly esteemed by Dioscorides a Greek

physician, pharmacologist, botanist, and author of *De materia medica*, who provided detailed descriptions of its uses. Writing in his “*Contrafayt Kreuterbuch*” in 1532, doctor and botanist Otto Brunfels comments: “Could there be anything as trifling or as despised as a nettle? What could be as beloved as a hyacinth, a narcissi or a lily – and yet, the nettle surpasses them all.” The burning property of the nettle dissipates by heat enabling the young shoots of the Nettle to be eaten as fresh or dry.

Tradition of using nettle as medicine had been prevalent









worldwide including China, Anatolia, Iran, Turkish folk medicine, Russian folk medicine, USA, Italy, Morocco, Germany, and many others. Different parts of the plant: seeds, leaves, roots have been used in all these folk medicines for the treatment of plethora of diseases. In India, the Ayurvedic Pharmacopoeia lists stinging nettle herb for uterine hemorrhage, cutaneous eruptions, eczema, and nosebleed.

Every Himalayan child who has been traumatised by the bite of nettle somewhat vicious plant will definitely be surprised to know whether it can be of any use to humans besides causing unspeakable misery. However to their surprise, this much-feared and frankly, ignored plant has multiple uses as food, fiber, medicine as well as for enhancing soil fertility. Medicos, textile specialists and culinary experts have found many health benefits and commercial uses for this plant. Interestingly, you can find people flogging their body parts particularly joints with nettle shoot for relief from arthritic pain. And it seems to work for them that reasons to use it again and again for relief.

The Wild Wonder s



During the entire course of human plant interaction the wild plants have continued to be important. History of agriculture goes back to hardly 10000 – 12000 years BCE that means for more than 99 % of his existence human lived as hunter-gatherer and collected all his food from wild, growing in nature without human interference. Though it is still a matter of debate whether agriculture followed sedentism or sedentism followed agriculture, one thing is clear: surplus agriculture production brought civilization and cultures progressed from hunter-gatherer to agricultural to industrial to eventually the IT age. Wild and cultivated foods are considered separately by researchers and policy makers, their differences hardly recognized by local communities. Here, wild food means any edible plant part that grows in nature by itself without human interference. Wild plant species still constitute a major chunk of diet in many

communities world over.



Local food diversity makes an important contribution to a nutritious diet, although there is a lack of strong evidence. Agro diversity as well as biodiversity is linked to nutritional security. Recognition of this fact by policy makers is fundamental for the policy formation for any local community. Being located in nearby areas the wild plants hold a significant position for human advantage.

Wild plants which are still collected and used for the food like amaranth, ugal, bathuwa and stinging nettle, to name a few are high in nutrition and hence offer a potentially critical role for nutritional security in Himalayan region of India. Some of these are used as seeds, some as greens and some as roots or flowers. Researchers generally agree that the use of wild food adds diversity to the platter and thus improves quality of diet by widening the range of nutrition consumed.

The direct nutritional contribution of wild edibles is often significant yet neglected.



Know Thy Nettle





Irrespective of how we view it, every single organism on Earth depends on plants for survival.

The true nettles belong to the family Urticaceae, also known as the Nettle Family. The Nettle Family is found worldwide and consists of about 45 genera (plural of genus) and 700-1000 species. Of all these species *Urtica dioica* or common nettle is most common. Vernacular name of the plant are Bichu Butti in Hindi and Vrishchhiyaa shaaka in Sanskrit. In local Kumauni language, nettle is known as 'shishun', besides many other names in various parts of Uttarakhand. In other parts of the world many other names are popular locally. In order to stay reader friendly, we'll stick with nettle.

Nettle is a perennial wild herb that can grow at an altitude ranging from 1200-3000 m and can be found growing in common land and waste land, gardens, farmers field (as weed), hedges of the terraced fields and so on. It is a robust plant and can grow up to 2 m or more in height. The plant has opposite, heart shaped, finely-toothed leaves. The plant got its name as stinging nettle because its leaves and stems are covered by sharp small needle like hair that gives severe sting on touch. These stinging hair are known as trichome. Like hollow glass tubes these stings are filled with a cocktail of chemicals. Stinging chemicals include histamine, acetylcholine and serotonin and also formic acid, moroidin, leukotrienes. Formic acid is same as found in the sting of bees and ant. On contacting human skin, these spines penetrate our skin, their tips break off and this mixture is released beneath the surface of the skin and we feel pain or stinging sensation which may last for even more than 12 h. Flowering and fruiting time is from July to October.

The generic name *Urtica* is derived from the Latin *urere* meaning to irritate by burning, in reference to the burning sensation obtained from its stinging hairs. The specific epithet *dioica* refers to its dioecious nature. There is speculation that the name nettle comes from the Anglo-Saxon word *noedl* meaning needle. Nettles are considered weeds due to their rapid growth and soil coverage. However, there are economic and ecological reasons for cultivating stinging nettles.



Nettle:

THE RESERVOIR OF NUTRITION



'Medicine is not health care, food is health care' signifies the assimilation of nutritional plants in our diet. One of such plant is stinging nettle (*Urtica dioica*) that had been popular in earlier times and ~~one~~ again gaining popularity because of its health benefits.

Not only the reservoir of medicinal properties, nettle is also a plant with amazing nutritional composition. You need not to keep a distance from its consumption particularly if you are a wellness freak as on heating or blanching its stinging property gets dissipated and makes it suitable to be used as green leafy vegetable, soup, pesto, omelette etc. Best way to consume nettle is to use it fresh from the surrounding however it can be used in dry or frozen form as fresh nettle is not available everywhere. In the dried forms anyway fear of stings has already gone.

Our body needs macro or major minerals and micro or trace minerals along with protein for good health. Both of these groups of minerals are equally important however micro or trace minerals ~~are~~ required in very small quantity. Our body uses minerals for keeping our bones, muscles, heart, and brain working properly. Minerals are also important for making enzymes and hormones.

To our amusement in a thorough laboratory testing of dried nettle leaves we reached to conclusion that nettle is rich source of not only minerals but also protein. On dry weight basis it contained approximately 30% of the protein and almost all macro and micro elements required by body. Nettle leaves are good source of calcium, magnesium, phosphorus, potassium, iron, zinc, manganese, copper and sodium. It can supply considerable amount of amino acids as it contained all 20 amino acids including 9 essential amino acids. The table is indicating if we need 2000 Kcal energy per day than protein requirement of 6gm in a day can be met by consumption of 20 gm dry Nettle. In addition this quantity of nettle can substantiate almost entire quantity of calcium and iron, 40% of magnesium, 30% of manganese, along with other minerals and vitamins required by the body.

Thus nettle can be great source of nutrition for all and particularly for the vegans.

Table- Nutrient content of dried nettle leaves

| Name | Units | Test values | RDA (mg) | Maximum daily limit of nettle consumption to meet RDA |
|-----------------|--------|-------------|----------|---|
| Macro-Nutrients | | | | |
| Protein | Gm | 29.25% | 50gm | |
| Macro- Elements | | | | |
| Calcium | mg/kg | 47035.07 | 1000 | 21.26 Limiting factor |
| Magnesium | mg/kg | 9211.24 | 420 | 45.59 |
| Phosphorus | mg/kg | 5768.93 | 700 | 121.62 |
| Potassium | mg/kg | 7497.03 | 3400 | 453.52 |
| Sodium | mg/kg | 14.6 | 1500 | 102739.73 |
| Micro-Elements | | | | |
| Iron | mg/kg | 338.67 | 8 | 23.62 |
| Zinc | mg/kg | 34.6 | 11 | 317.92 |
| Copper | mg/kg | 7.14 | 0.9 | 126.05 |
| Manganese | mg/kg | 36.79 | 2.3 | 62.52 |
| Vitamins | | | | |
| Vitamin A | mcg/kg | 15.56 | 900 | 57840.62 |
| Vitamin C | mcg/kg | 5.08 | 40000 | 7874014.75 |



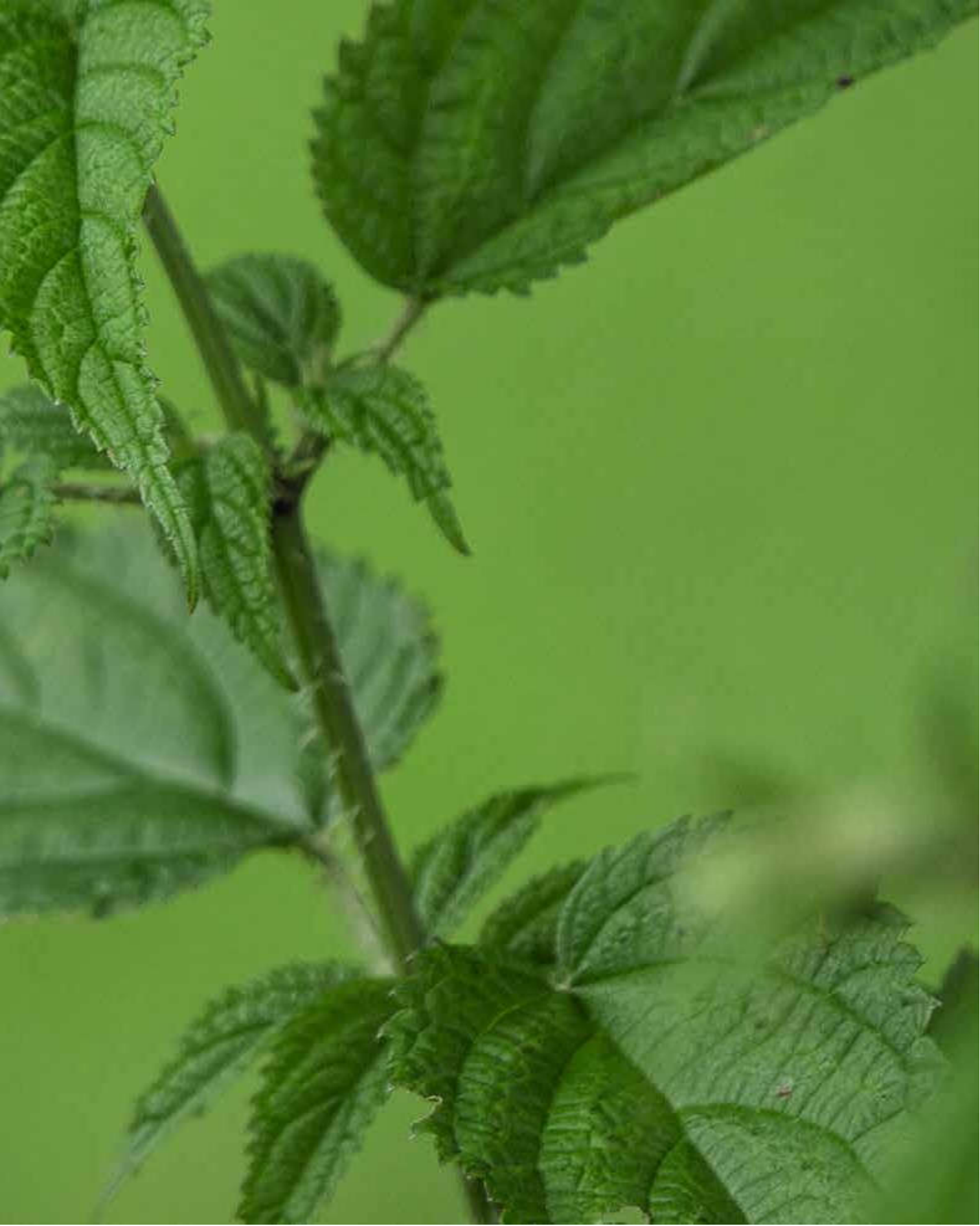
Nettle Products

(WITH RECIPES)

| | |
|---------------------------------|----|
| Nettle Tea/Infusion | 17 |
| Nettle Turmeric Aonla Infusion | 20 |
| Nettle Cinnamon Ginger Infusion | 22 |
| Nettle Aonla Infusion | 24 |
| Nettle Aonla Pine Infusion | 26 |
| Nettle Lemongrass Pine Infusion | 28 |
| Nettle Turmeric Stevia Infusion | 30 |
| Nettle Mint Infusion | 32 |
| Nettle Cinnamon Infusion | 34 |
| Nettle Ginger Infusion | 36 |
| Nettle Pine Infusion | 38 |
| Nettle Rosemary Infusion | 40 |
| Nettle Lemongrass Infusion | 42 |
| Nettle Bayleaf Infusion | 44 |
| Nettle Ginger Tulsi Infusion | 46 |
| Nettle Tulsi Infusion | 48 |
| Nettle Buransh Infusion | 50 |
| Himalayan Nettle Infusion | 52 |
| Nettle Tea Lemongrass Infusion | 54 |
| Nettle Fennel Stevia Infusion | 56 |
| Nettle Tea Mint Infusion | 58 |
| Green Tea Nettle Infusion | 60 |

| | |
|--|-----|
| Black Tea Nettle Infusion | 62 |
| Perfect Himalayan Infusion | 64 |
| Nettle Green Tea Ginger Tulsi | 66 |
| Infusion Nettle Flour Mixes | 68 |
| Nettle Panchratan Aata | 70 |
| Nettle Massala Puri Aata | 72 |
| Nettle Panchratan Kachori Aata | 74 |
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| Nettle Gobhi Paratha Mix | 78 |
| Nettle Mix Veg Paratha Mix | 80 |
| Nettle Pancake Mixes | 82 |
| Nettle Ragi Amaranth Pancake Mix | 84 |
| Nettle Ragi Barnyard Millet Amaranth Pancake Mix | 86 |
| Nettle Barnyard Millet Pancake Mix | 88 |
| Nettle Ragi Amaranth Pancake Mix (Gluten | 90 |
| Free) Nettle Crepe Mixes | 92 |
| Nettle Amaranth Barnyard Millet Ragi Crepe Mix | 94 |
| Nettle Barnyard Millet Crepe Mix | 96 |
| Nettle Barnyard Millet Besan Crepe Mix | 98 |
| Nettle Amaranth Barnyard Millet Ragi Crepe Mix | 100 |
| Nettle Cutlet Mixes | 102 |
| Nettle Barnyard Millet Cutlet Mix | 104 |
| Nettle Panchratan Cutlet Mix | 108 |

| | |
|--|-----|
| Nettle Soup Mixes | 110 |
| Nettle Soup Mix Veg (Carrot, Cabbage, Bean) Cream Of Nettle Mushroom Soup | 112 |
| Nettle Cabbage Mushroom Soup | 114 |
| Nettle Paptole | 116 |
| Shishun Paptole (Fresh Nettle with Gram) | 120 |
| Shishun Paptole (Fresh Nettle with Aaloo/Potato) | 122 |
| Nettle Paptole (Chana Dal/Gram) | 124 |
| Nettle Paptole (Chana Dal/Gram & Aaloo/Potato) | 126 |
| Nettle Paptole (Bhatt/Black Soya) | 128 |
| Nettle Paptole (Moong Dal/Mungbean) | 130 |
| Nettle Paptole (Malka Dal/Lentis) | 132 |
| Nettle Paptole (Safed Bhatt/White Soya) | 134 |





nettle tea/ infusion





NETTLE TURMERIC AONLA INFUSION

INGREDIENTS

1. 6.5g nettle turmeric aonla infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 40 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 18 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0276 |
|--------------------------------|--------|

Rich in mineral content.

Originated from India, turmeric is the most cherished spice of every Indian kitchen. Not only as a spice, turmeric enjoys a prominent place in traditional household medicine too. Its incredible list of healing properties includes antioxidant, anti-viral, anti-bacterial, anti-fungal, anti-carcinogenic, anti-inflammatory etc. It can be used as immunity booster too. Apart, it has extensively used as an integral part of beauty treatments.



NETTLE CINNAMON GINGER INFUSION

INGREDIENTS

1. 6.5g nettle cinnamon ginger infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|-------|
| Flavonoids (mg/g) | 40.50 |
|----------------------|-------|

| | |
|----------------------|-------|
| Polyphenol (mg/g) | 33.76 |
|----------------------|-------|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0238 |
|--------------------------------|--------|

Rich in mineral content.

An array of tempting aromas, the sweet nectar and the spectrum of beautiful colours all are the resultant of plethora of phytochemicals that have been acquired by plants for their own benefit either to facilitate pollination or as protective mechanisms against bacteria, fungi, viruses. In turn these phytochemicals are protective for us also on consumption of plant based food or beverages.



NETTLE AONLA INFUSION

INGREDIENTS

1. 6.5g nettle aonla infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 7 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|-------------------|----|
| Flavonoids (mg/g) | 49 |
|-------------------|----|

| | |
|-------------------|----|
| Polyphenol (mg/g) | 25 |
|-------------------|----|

| | |
|-----------------------------|--------|
| Antioxidant activity (mg/g) | 0.0218 |
|-----------------------------|--------|

Rich in mineral content.

Aonla (or Indian gooseberry) derives its name from Sanskrit word 'Amalki' meaning the 'nectar of life'. Traditionally well-known for its countless health benefits, Ayurveda claims it to balance the three doshas in our body, namely: kapha, vata, pitta, the underlying cause of many diseases. Being rich source of vitamin C and antioxidants, it is well-known as immunity booster. Cosmetic benefits of Aonla are also unparalleled.



NETTLE AONLA PINEINFUSION

INGREDIENTS

1. 6.5g nettle aonla pine infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|--------------------------------|--------|
| Flavonoids (mg/g) | 95.5 |
| Polyphenol (mg/g) | 14.67 |
| Antioxidant activity (mg/g) | 0.0248 |

Rich in mineral content.

Polyphenols are naturally occurring compounds found in plants that contribute bitterness, astringency, colour, flavour, odour and oxidative stability in foods. Long term consumption of diets rich in plant polyphenols is suggestive to offer some protection against development of cancers, cardiovascular diseases, and diabetes, aging, osteoporosis, and neurodegenerative diseases.



NETTLE LEMONGRASS PINE INFUSION

INGREDIENTS

1. 6.5g nettle lemongrass pine infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 7 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 91 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 31 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0199 |
|--------------------------------|--------|

Rich in mineral content.

Flavonoids are a group of natural substances present in fruits, vegetables, leaves, flowers, bark, roots and stem of the plants. Their beneficial property for humans is attributed to their anti-oxidative, anti-inflammatory and anti-carcinogenic nature along with their capacity to modulate key cellular enzyme function, hence gaining popularity in nutraceutical, pharmaceutical, medicinal and cosmetic applications.



NETTLE TURMERIC STEVIA INFUSION

INGREDIENTS

1. 6.5g nettle turmeric stevia infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 90 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 20 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0190 |
|--------------------------------|--------|

Rich in mineral content.

Stevia, derived from the leaves of the stevia plant (*Stevia rebaudiana*), is a popular and healthy sugar substitute that can sweeten-up foods without the negative health effects linked to refined sugar. It is known to have zero calories but several times sweeter than table sugar hence promoted as a better option or helpful for the people looking for weight loss and people with diabetes.



NETTLE MINT INFUSION

INGREDIENTS

1. 6.5g nettle mint infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 32 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 20 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0238 |
|--------------------------------|--------|

Rich in mineral content.

Mint, particularly known for the cooling sensation and peculiar flavour it imparts, is a popular ingredient in several foods and beverages. It is a potent source of antioxidants, which help protect the body from oxidative stresses. Consumption of mint is also beneficial to improve brain functions, improve cold symptoms, manage irritable bowel syndrome, and treat indigestion. Regular intake ~~also~~ boosts immunity and health.



NETTLE CINNAMON INFUSION

INGREDIENTS

1. 6.5g nettle cinnamon infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 7 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

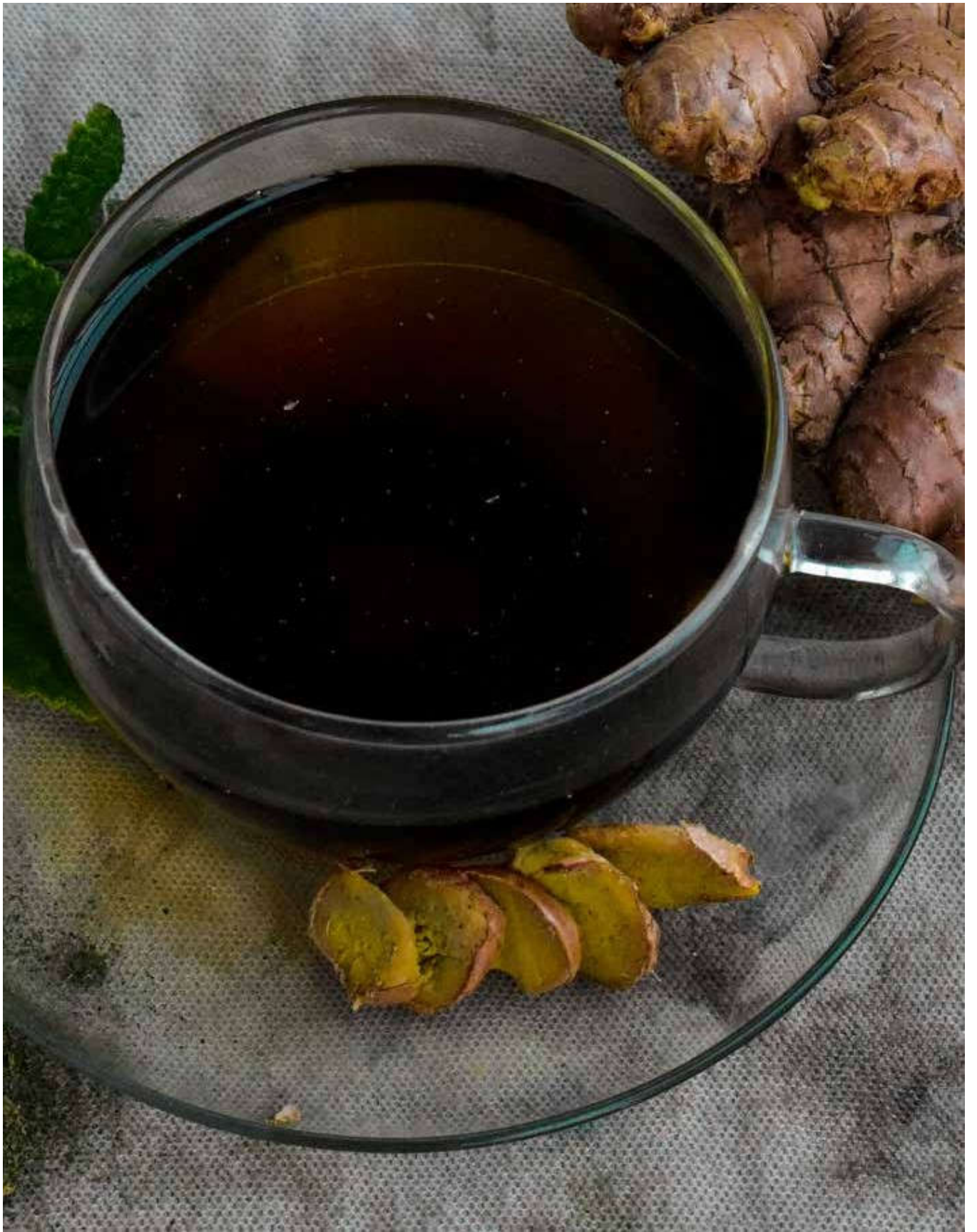
| | |
|----------------------|----|
| Flavonoids (mg/g) | 61 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 17 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0203 |
|--------------------------------|--------|

Rich in mineral content.

Cinnamon, well-known as spice in Indian cuisine is the inner bark of cinnamon tree that rolls during drying to form cinnamon stick. It is well-known for its antimicrobial properties. Being rich source of antioxidants, it can fight-off oxidation caused by free radicals, the molecules that damage body cells and contribute to diseases like diabetes, cancer, and heart disease.



NETTLE GINGER INFUSION

INGREDIENTS

1. 6.5g nettle ginger infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 5 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|-------------------|----|
| Flavonoids (mg/g) | 32 |
|-------------------|----|

| | |
|-------------------|----|
| Polyphenol (mg/g) | 36 |
|-------------------|----|

| | |
|-----------------------------|--------|
| Antioxidant activity (mg/g) | 0.0197 |
|-----------------------------|--------|

Rich in mineral content.

Ginger, a native of India, Southeast-Asia, and Southern China, is extensively used as a spice and is a “home medicine” since antiquity. Though it lacks major nutrients, it is an excellent source of antioxidants, which will enhance immunity and act as anticancer agents. Regular consumption of ginger improves digestion, provides relief in nausea, supports heart health, lowers cholesterol & Consumption of ginger tea is popular to manage cold, flu and cough. Its anti-inflammatory properties help people with arthritis.



NETTLE PINE INFUSION

INGREDIENTS

1. 6.5g nettle pine infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 7 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 52 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 24 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0209 |
|--------------------------------|--------|

Rich in mineral content.

Pleasant in taste and smell, Pine needle tea is rich source of Vitamins A and C. Richness of vitamin C makes it great immunity booster and provides relief in illnesses, infections, heart disease, varicose veins, skin complaints and fatigue. It is also known to help with depression, obesity, allergies and high blood pressure.



NETTLE ROSEMARY INFUSION

INGREDIENTS

1. 6.5g nettle rosemary infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 7 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|-------------------|-----|
| Flavonoids (mg/g) | 114 |
|-------------------|-----|

| | |
|-------------------|----|
| Polyphenol (mg/g) | 22 |
|-------------------|----|

| | |
|-----------------------------|--------|
| Antioxidant activity (mg/g) | 0.0212 |
|-----------------------------|--------|

Rich in mineral content.

A perennial herb of Mediterranean region, rosemary is a plant with needle like leaves and pleasant fragrance. Fresh rosemary is a rich source of minerals and vitamins. Hence a valuable ingredient for cooking and savour as tea. Rosemary also has anti-inflammatory, antimicrobial and anti-tumor properties. Consumption of rosemary supports healthy gut bacteria and eases stress level. Rosemary tea has aroma, flavor, and many health benefits.



NETTLE LEMONGRASS INFUSION

INGREDIENTS

1. 6.5g nettle lemongrass infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 16 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 11 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0196 |
|--------------------------------|--------|

Rich in mineral content.

Lemongrass, a native medicinal herb of Southeast Asian origin, having numerous health benefits -most common being pain reliever and fever reducer, also known to show antioxidative and antihypertensive properties. Reportedly, it contains the anti-inflammation compound, citral. In food and beverages its common use is as lemon flavouring.



NETTLE BAYLEAF INFUSION

INGREDIENTS

1. 6.5g nettle bayleaf infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 98 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 18 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0212 |
|--------------------------------|--------|

Rich in mineral content.

Bay leaf is known to be a rich source of vitamins A, B6 (Pyridoxine) and C, along with minerals such as iron, potassium, calcium, and magnesium. Regular inclusion of bay leaf as a flavouring agent in food is known to promote general health and helpful in digestion. The unique combination of antioxidants and organic compounds in bay leaves works as anticancer agents. Its traditional use in diabetes management is of special mention.



NETTLE GINGERTULSI INFUSION

INGREDIENTS

1. 6.5g nettle ginger tulsi infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 25 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 19 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0242 |
|--------------------------------|--------|

Rich in mineral content.

Phytochemicals are basically non-nutritive compounds present in plant that provide in-built broad spectrum protection to plant. Plants may contain more than a thousand of phytochemicals in minute quantity of which we have limited knowledge. Traditionally human have been consuming them for various health benefit. With the modern science we have come to know that phytochemicals have great antioxidant potential and are of great interest due to their beneficial effects on human health.



NETTLE TULSI INFUSION

INGREDIENTS

1. 6.5g nettle tulsi infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|-------------------|----|
| Flavonoids (mg/g) | 23 |
|-------------------|----|

| | |
|-------------------|----|
| Polyphenol (mg/g) | 11 |
|-------------------|----|

| | |
|-----------------------------|--------|
| Antioxidant activity (mg/g) | 0.0209 |
|-----------------------------|--------|

Rich in mineral content.

A native plant of North-Central India, known as “Mother Medicine of Nature” and “The Queen of Herbs”, Tulsi, is well-regarded as an “elixir of life”. Considered as a potent adaptogen, it has a unique combination of pharmacological actions that promote wellbeing and resilience, a concept well adopted in Ayurveda. The varied pharmacological actions help the body and mind cope with a wide range of chemical, physical, infectious and emotional stresses.



NETTLE BURANSH INFUSION

INGREDIENTS

1. 6.5g nettle buransh infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 5 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|-------------------|----|
| Flavonoids (mg/g) | 85 |
|-------------------|----|

| | |
|-------------------|----|
| Polyphenol (mg/g) | 34 |
|-------------------|----|

| | |
|-----------------------------|--------|
| Antioxidant activity (mg/g) | 0.0212 |
|-----------------------------|--------|

Rich in mineral content.

With beautiful attractive flowers, a native tree of Himalayan region and Southeast Asia, Buransh (Rhododendron) is a traditional medicine beneficial for heart health and blood pressure. It is also known for the treatment of inflammatory conditions like asthma, cold, pain, joint pain, skin or gastrointestinal disorders, also prevents bad cholesterol. Tea made by handpicked rhododendron has good flavor and aroma, good for immunity. Regular consumption heals the body naturally.



HIMALAYAN NETTLE INFUSION

INGREDIENTS

1. 6.5g himalayan nettle infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 7 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

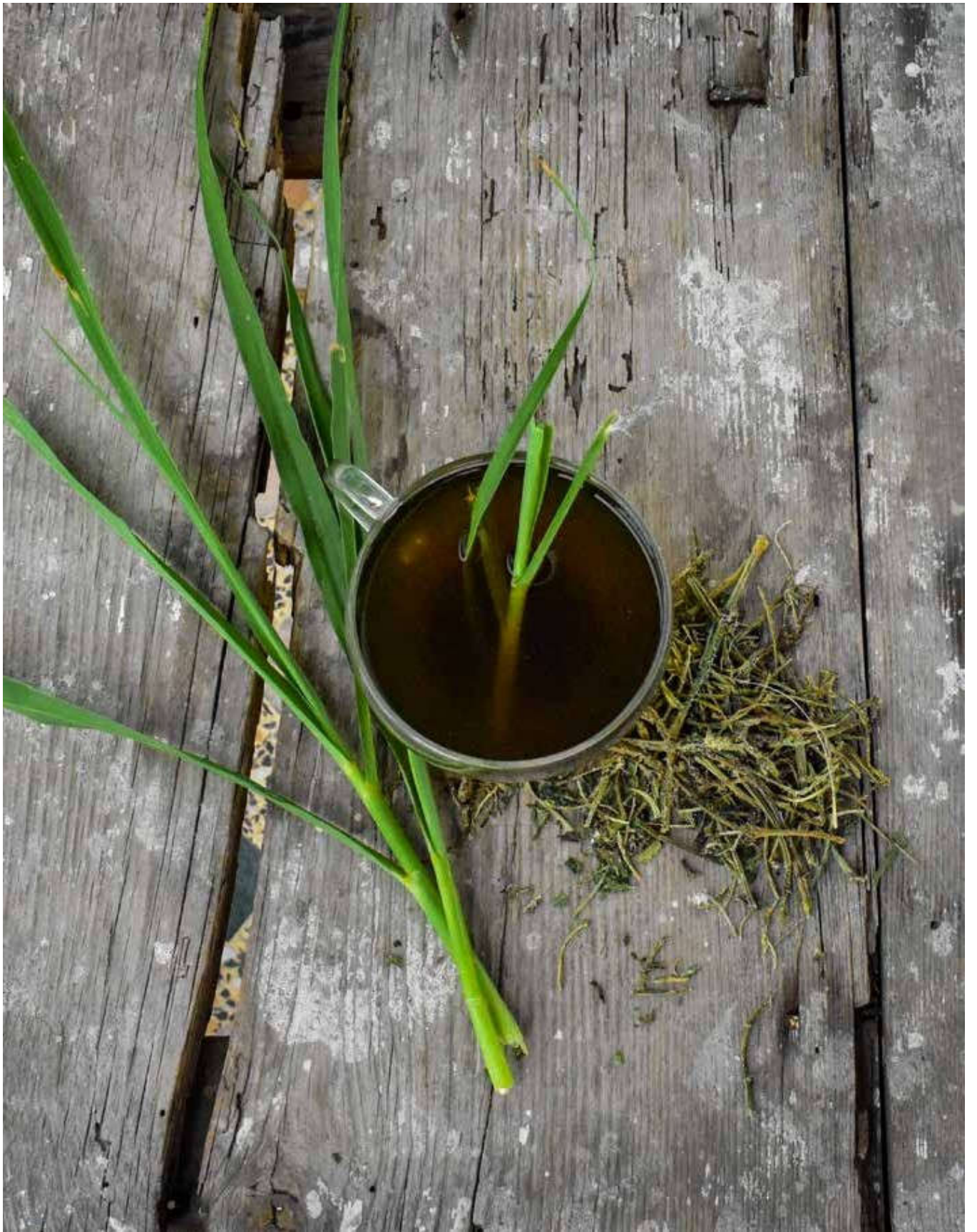
| | |
|----------------------|----|
| Flavonoids (mg/g) | 63 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 31 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0214 |
|--------------------------------|--------|

Rich in mineral content.

One of the most significant plants of the traditional medical system of the world and constituent of wild edibles in Himalayan region, “Nettle” (*Urtica dioica*) is increasingly gaining people’s attention today. Being a rich source of protein, wide range of minerals, vitamins, polyphenols, antioxidants and it is a good choice for preparing tea / infusions as well as a part of food preparations.



NETTLE TEA LEMONGRASS INFUSION

INGREDIENTS

1. 6.5g lemongrass tea nettle infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 80 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 12 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0216 |
|--------------------------------|--------|

Rich in mineral content.

A wonderful sweetener made from the unrefined sugar cane juice, jaggery has numerous health benefits. It not only satiates the craving for sweet provides good amount of minerals also to the consumer. It has ability to cleanse the body and prevent constipation by aiding the digestion.



NETTLE FENNEL STEVIA INFUSION

INGREDIENTS

1. 6.5g nettle fennel stevia infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 70 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 11 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0201 |
|--------------------------------|--------|

Rich in mineral content.

Fennel, known for its culinary uses and as mouth freshener, is a preferred flavourful culinary herb and medicinal plant. Both, the rhizomes and seeds, are packed with nutrients. Other than its ~~may~~ culinary uses, fennel seeds offer a wide array of health benefits and may provide antioxidant, anti-inflammatory, and antibacterial effects.



NETTLE TEA MINT INFUSION

INGREDIENTS

1. 6.5g mint tea nettle infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 77 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 13 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0216 |
|--------------------------------|--------|

Rich in mineral content.

Honey is the most popular natural sweetener for the people fond of herbal infusions. It is known as a natural energy booster. In traditional medicine system it is used to provide relief in sore throat and cough. It is also known for its anti-inflammatory and antibacterial properties. It is a rich source of minerals and vitamins. Next to antibacterial activity, honey exhibits strong antioxidant activity.



GREEN TEA NETTLE INFUSION

INGREDIENTS

1. 6.5g green tea nettle infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|-------------------|-----|
| Flavonoids (mg/g) | 126 |
|-------------------|-----|

| | |
|-------------------|----|
| Polyphenol (mg/g) | 13 |
|-------------------|----|

| | |
|-----------------------------|--------|
| Antioxidant activity (mg/g) | 0.0214 |
|-----------------------------|--------|

Rich in mineral content.

Green tea is another priced product of the *Camellia sinensis* (tea plant) leaves and buds however the processing is different from black tea. It had been in use since ages in China and Japan. Rich source of antioxidants and polyphenols it is known to be beneficial in reducing the risk of Alzheimer's, cardiovascular and cancer problems also promoted for weight loss management.



BLACK TEA NETTLEINFUSION

INGREDIENTS

1. 6.5g black tea nettle infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

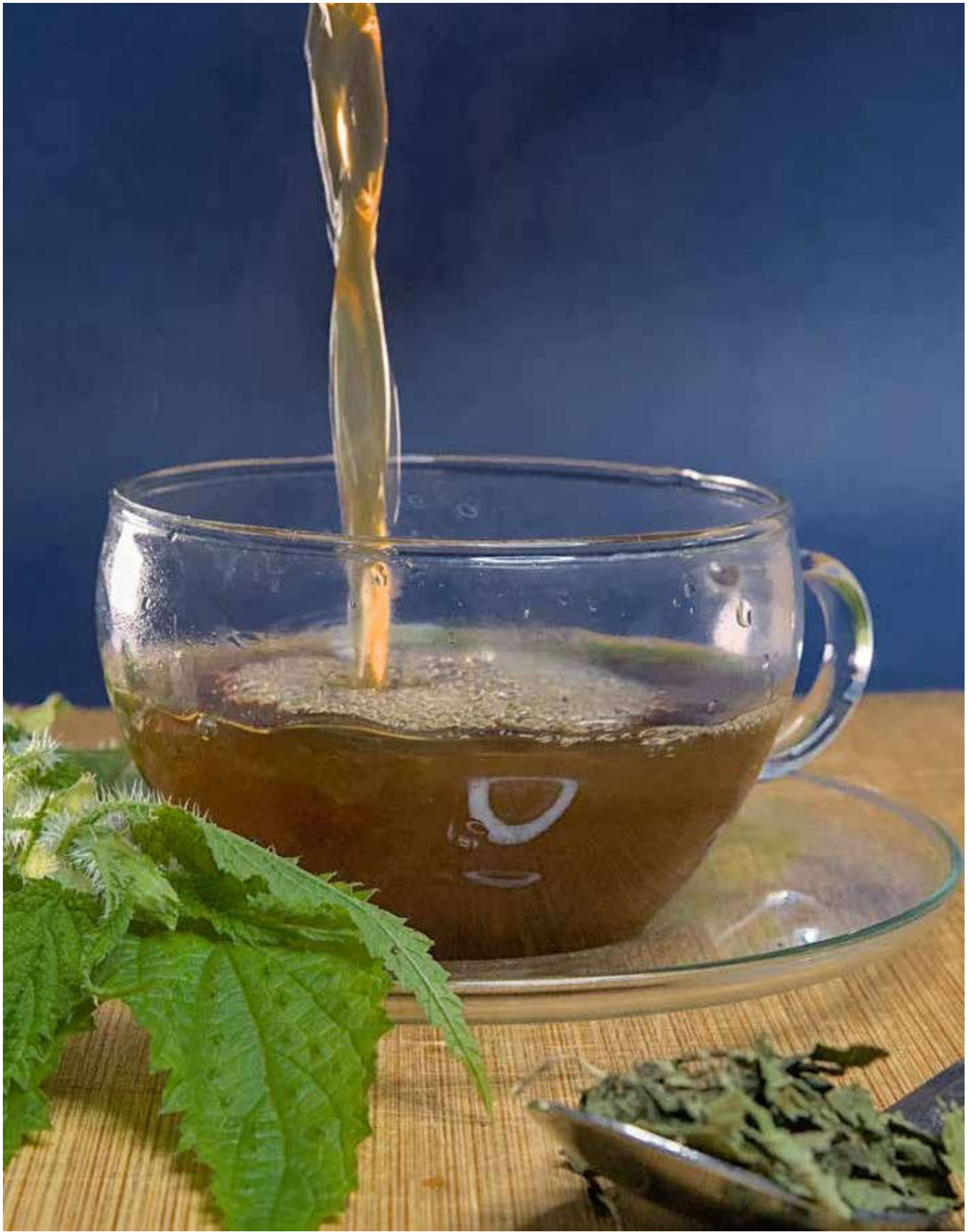
| | |
|----------------------|----|
| Flavonoids (mg/g) | 43 |
|----------------------|----|

| | |
|----------------------|---|
| Polyphenol (mg/g) | 9 |
|----------------------|---|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0216 |
|--------------------------------|--------|

Rich in mineral content.

Camellia sinensis popular as tea is source of Black tea that is processed using traditional (or orthodox) methods of tea production, which involve plucking, withering, rolling, oxidation/fermentation and drying. The result is a tea loaded with antioxidants. This is the key area of interest in black tea. Another significant use is its protecting effect against atherosclerosis. It works as immunity booster also.



PERFECT HIMALAYAN INFUSION

INGREDIENTS

1. 6.5g perfect himalayan infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 3 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 27 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 11 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0248 |
|--------------------------------|--------|

Rich in mineral content.

Antioxidant activity is the indicator of scavenging (of free radicals) capacity of antioxidants like polyphenol and flavonoids. Free radicals are considered as agents involved in the pathogenesis of sicknesses such as asthma, inflammation, diabetes, Parkinson's and Alzheimer's diseases, cancers as well as atherosclerosis. Plant species that are used traditionally for the cure of multiple disease symptoms could indicate a high level of antioxidant activity of plant use.



NETTLE GREEN TEA GINGER TULSI INFUSION

INGREDIENTS

1. 6.5g green tea ginger tulsi nettle infusion.
2. Sugar/honey/brown sugar.
3. 600ml water.

Quantity is enough to make 3-4 cups of your choice.

RECIPE

1. Keep the water for boiling. Switch off the burner when it starts boiling well.
2. Pour the measured content of infusion into the boiling water. Cover the lid.
3. Let it rest for 10 min for best result.
4. Filter and enjoy with or without sweetener.

NUTRITIONAL

| | |
|----------------------|----|
| Flavonoids (mg/g) | 32 |
|----------------------|----|

| | |
|----------------------|----|
| Polyphenol (mg/g) | 20 |
|----------------------|----|

| | |
|--------------------------------|--------|
| Antioxidant activity (mg/g) | 0.0238 |
|--------------------------------|--------|

Rich in mineral content.

Mint, particularly known for the cooling sensation and peculiar flavour it imparts, is a popular ingredient in several foods and beverages. It is a potent source of antioxidants, which help protect the body from oxidative stresses. Consumption of mint is also beneficial to improve brain functions, improve cold symptoms, manage irritable bowel syndrome, and treat indigestion. Regular intake ~~also~~ boosts immunity and health.



A top-down photograph of two dark-colored bowls filled with a fine, light-brown powder. The powder has a slightly uneven, granular texture. The bowls are set against a dark, textured background. The text 'nettle flour mixes' is overlaid in white on the right side of the image.

nettle
flour
mixes



NETTLE PANCHRATAN AATA

INGREDIENTS

1. 200g nettle panchratan roti aata
2. 2 tbsp ghee
3. 200ml water

RECIPE

1. Empty the packet of nettle panchratan aata mix into a bowl.
2. Knead the dough well with water, make soft dough.
3. Rest the dough until 10 min grease with ghee, cover with a wet cotton cloth.
4. Heat the tava over medium heat.
5. Dust the rolling surface with some flour.
6. Divide the dough into equal portion & roll the round shape.
7. Place roti into tava, cook both sides properly for few minute
8. Bubbles appear on top of roti both the side.
9. Then directly roast over the direct flame till brown spots show on both the side.
10. Serve the roti with sabji or daal.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 2.7 |
| Protein (%) | 12.1 |
| Carbohydrate (%) | 68.8 |
| Energy (%) | 348.0 |
| Potassium (mg/100g) | 7737.9 |
| Calcium (mg/100g) | 9995.1 |
| Magnesium (mg/100g) | 2850.2 |
| Iron (mg/100g) | 141.5 |



NETTLE MASSALAPURI AATA

INGREDIENTS

1. 200g nettle masala poori aata
2. Water for knead dough
3. Oil for frying
4. Oil for moyan (20g) or as per requirement

RECIPE

1. In a bowl or pan, add mixture of nettle masala poori atta, combine all the ingredients in a large bowl, mixing thoroughly.
2. Add some water in parts, mix and then begin to knead.
3. Make firm and slightly stiff dough adding sufficient water.
4. Cover and let the dough rest for 15 minutes.
5. Divide the dough into small or medium- sized balls.
6. Take each ball, flatten it and spread a bit of oil both sides.
7. Using oil while rolling.
8. Heat oil in kadai medium to high.
9. Frying it while golden, press so that the poori puffs up.
10. Serve the hot masala poori, plain or with any masala aloo, sabzi, sauce or chutney.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 10.85 |
| Protein (%) | 11.23 |
| Carbohydrate (%) | 60.95 |
| Energy (%) | 386.34 |
| Potassium (mg/100g) | 7223.5 |
| Calcium (mg/100g) | 9208.4 |
| Magnesium (mg/100g) | 2404.2 |
| Iron (mg/100g) | 173.9 |



NETTLE PANCHRATA N KACHORI AATA

INGREDIENTS

1. 200g nettle-panchratan-kachori aata
2. 200ml water
3. 2 tbsp oil for moyan
4. Oil/ghee for frying

RECIPE

1. Combine all the ingredients in a large bowl, mixing thoroughly.
2. Knead it's a soft dough.
3. Cover the dough, let the dough rest for 20 min.
4. Make the small balls.
5. Of small ball gently roll the kachori with a rolling pin.
6. Heat oil for frying than keep the flame low.
7. When kachoris are puffing and become light golden than gently turn it into other side.
8. Cook for 7-8 minutes
9. Remove with a slotted spoon. Drain excess oil back in kadhai.
10. Serve kachori warm with green chutney, or garlic green chutney.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 8.54 |
| Protein (%) | 10.44 |
| Carbohydrate (%) | 64.47 |
| Energy (%) | 376.45 |
| Potassium (mg/100g) | 500.49 |
| Calcium (mg/100g) | 531.39 |
| Magnesium (mg/100g) | 176.17 |
| Iron (mg/100g) | 9.40 |



NETTLE PANCHRATAN POORI AATA

INGREDIENTS

1. 200g nettle panchratan poori aata
2. 200 ml water
3. 1 tbsp oil for moyan
4. Oil/ghee for frying

RECIPE

1. Combine all the ingredients in a large bowl, mixing thoroughly.
2. Knead it to make a soft dough.
3. Cover the dough let the dough rest for 20 min.
4. Make the small balls.
5. Now gently roll the poori with a rolling pin.
6. Heat oil for frying than keep the flame low, place poori into kadhai.
7. When pooris are puffing & become light golden than gently flipit into other side.
8. Cook for 7-8 minutes.
9. Heat oil in kadhai medium to high.
10. Frying it while golden, press so that the poori puffs up.
11. Serve the hot panchratan poori, plain or with any Aalu, sabzi, sauce or chutney, green chutney, or garlic green chutney.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 8.54 |
| Protein (%) | 10.44 |
| Carbohydrate (%) | 64.47 |
| Energy (%) | 376.45 |
| Potassium (mg/100g) | 500.49 |
| Calcium (mg/100g) | 531.39 |
| Magnesium (mg/100g) | 176.17 |
| Iron (mg/100g) | 9.40 |



NETTLE GOBHI PARATHA MIX

INGREDIENTS

1. 200g nettle gobhi paratha premix
2. 100 ml water
3. Oil for moyan 2tsp
4. Oil/ghee for frying

RECIPE

1. Combine all the ingredients in a large bowl, mixing thoroughly.
2. Knead the dough ,
3. Make a soft dough.
4. Cover the dough, let the dough rest for 20 min.
5. Make the small balls.
6. Now gently roll the paratha, with a rolling pin.
7. Make round shape paratha.
8. Heat pan or tawa in medium flame, than keep the flame low.
9. When paratha become light golden than gently turn it into other side spread oil or ghee all the side of paratha.
10. Cook for 7-8 minutes.
11. Serve paratha warm with curd, green chutney, or garlic green chutney.

NUTRITIONAL

| | |
|------------------------|---------|
| Fat (%) | 6.5 |
| Protein (%) | 15.9 |
| Carbohydrate (%) | 57.7 |
| Energy (%) | 352.9 |
| Potassium (mg/100g) | 10497.6 |
| Calcium (mg/100g) | 10308.9 |
| Magnesium (mg/100g) | 2936.2 |
| Iron (mg/100g) | 93.9 |



NETTLE MIX VEG PARATHA MIX

INGREDIENTS

1. 200g nettle-mix veg paratha
2. 100 ml water
3. 2 tsp Oil for moyan
4. Oil/ghee for frying as required

RECIPE

1. Combine all the ingredients in a large bowl, mixing thoroughly.
2. Knead it to make a soft dough.
3. Cover the dough, let the dough rest for 20 min.
4. Make the small balls.
5. Now gently roll the kachori with a rolling pin.
6. Heat oil for frying than keep the flame low.
7. When paratha become light golden than gently turn it into other side.
8. Cook for 7-8 minutes.
9. Serve paratha warm with curd, green chutney, or garlic green chutney.
10. Stack the paratha to keep them soft.
11. Remove with slotted spoon .drain excess oil back in kadhai.
12. Serve kachori warm with green chutney or garlic green chutney.

NUTRITIONAL

| | |
|------------------------|---------|
| Fat (%) | 4.4 |
| Protein (%) | 14.3 |
| Carbohydrate (%) | 64.1 |
| Energy (%) | 352.7 |
| Potassium (mg/100g) | 11041.7 |
| Calcium (mg/100g) | 10585.1 |
| Magnesium (mg/100g) | 2851.1 |
| Iron (mg/100g) | 148.0 |



nettle pancake mixes





(WITH EGG)

INGREDIENTS

1. 200g nettle-ragi-amaranth pancake premix
2. 100-150ml water
3. 90ml milk
4. 1 egg
5. Oil/ghee for frying
6. Few drops of vanilla essence

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Put the nettle-ragi-amaranth pancake mixture into a bowl mix well.
2. Whisk the egg smoothly.
3. Combine all the ingredients in a large bowl, mixing thoroughly.
4. Heat a griddle or large skillet over medium heat.
5. Grease the warm pan lightly with a brush or oiled tissue.
6. Pour $\frac{1}{2}$ cup of batter per pancake.
7. Cook for 2-4 minutes per side, until fluffy and golden brown.
8. Serve plain, with butter, with honey, with fruits or with jam.

NETTLE RAGI AMARANTH PANCAKEMIX (WITHOUT EGG)

INGREDIENTS

1. 200gm nettle-ragi-Amaranth pancake premix.
2. 8 tbsp thick curd.
3. Few drops vanilla essence.
4. 180-200ml Water.
5. Oil /ghee for frying as per requirement.

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Put the nettle-ragi-Amaranth pancake mixture into a bowl mix well.
2. Whisk the curd smoothly.
3. Combine all the ingredients in a large bowl, mixing thoroughly.
4. Heat a griddle or large skillet over medium heat.
5. Grease the warm pan lightly with a brush or oiled tissue.
6. Pour $\frac{1}{2}$ cup of batter per pancake.
7. Cook for 2-4 minutes per side, until fluffy and golden brown.
8. Serve plain, with butter, with honey, with fruits or with jam.

NUTRITIONAL

| | |
|------------------------|---------|
| Fat (%) | 8.54 |
| Protein (%) | 10.44 |
| Carbohydrate (%) | 64.47 |
| Energy (%) | 376.45 |
| Potassium (mg/100g) | 5005.00 |
| Calcium (mg/100g) | 5313.9 |
| Magnesium (mg/100g) | 1761.7 |
| Iron (mg/100g) | 94.0 |



(WITH EGG)

INGREDIENTS

1. 200g nettle ragi-amaranth pancake premix
2. 200ml water
3. 1 egg
4. Oil/ghee for frying
5. Few drops vanilla essence

RECIPE

1. Whisk the egg smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Heat a griddle or large skillet over medium heat.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour $\frac{1}{2}$ cup of batter per pancake. Cook for 2-4 minutes both sides, until fluffy and golden brown.
6. Serve hot with honey, fruits, cream.

Quantity is enough to make 8 medium pancakes.

NETTLE BARNYARD MILLET AMARANTH PANCAKE MIX (WITHOUT

INGREDIENTS

1. 200g nettle ragi-amaranth pancake premix
2. 8 tbsp thick curd.
3. Few drops vanilla essence.
4. 200ml Water.
5. Oil /ghee for frying as per requirement.

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Whisk the curd smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Heat a griddle or large skillet over medium heat.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour ½ cup of batter per pancake. Cook for 2-4 minutes bothsides, until fluffy and golden brown.
6. Serve with honey.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 2.37 |
| Protein (%) | 10.29 |
| Carbohydrate (%) | 73.88 |
| Energy (%) | 358.01 |
| Potassium (mg/100g) | 6712.8 |
| Calcium (mg/100g) | 8503.1 |
| Magnesium (mg/100g) | 2195.6 |
| Iron (mg/100g) | 100.0 |



(WITH EGG)

INGREDIENTS

1. 200g nettle-barnyard millet pancake
2. 160-200ml water
3. 1 egg
4. Oil/ghee for frying
5. Vanilla essence (some drops)

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Crack the eggs and add to the bowl, whisk the egg smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Add some drops of vanilla essence.
4. Heat a griddle or large skillet over medium heat.
5. Grease the warm pan lightly with a brush or oiled tissue.
6. Pour $\frac{1}{2}$ cup of batter per pancake.
7. Cook until browned then flip.
8. Turn it out immediately onto a serving plate.
9. Serve with honey, lemon juice, syrup or fruit salad.
10. Enjoy eating.

NETTLE BARNYARD MILLET PANCAKE MIX

(WITHOUT EGG)

INGREDIENTS

1. 200g nettle-barnyard millet pancake
2. 8 tbsp thick curd
3. 160-200ml water
4. Oil/ghee for frying
5. Vanilla essence (some drops)

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Add curd to the bowl, whisk it smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Add some drops of vanilla essence.
4. Heat a griddle or large skillet over medium heat.
5. Grease the warm pan lightly with a brush or oiled tissue.
6. Pour ½ cup of batter per pancake.
7. Cook until browned then flip.
8. Turn it out immediately onto a serving plate.
9. Serve with honey, lemon juice, syrup or fruit salad.
10. Enjoy....

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 9.74 |
| Protein (%) | 8.56 |
| Carbohydrate (%) | 69.50 |
| Energy (%) | 399.90 |
| Potassium (mg/100g) | 4219.0 |
| Calcium (mg/100g) | 4339.7 |
| Magnesium (mg/100g) | 1734.4 |
| Iron (mg/100g) | 48.6 |



(GLUTEN FREE WITH EGG)

INGREDIENTS

1. 200g nettle millet pancake (gluten free)
2. premix
3. 200 ml water
4. 1 egg
5. Oil/ghee for frying as per requirement

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Whisk the egg smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Heat a griddle or large skillet over medium heat.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour $\frac{1}{2}$ cup of batter per pancake.
6. Cook for 2-4 minutes per side, until fluffy and golden brown.
7. Serve plain, with honey, with fruits or with jam.

NETTLE RAGI AMARANTH PANCAKEMIX

(GLUTEN FREE
WITHOUT EGG)

INGREDIENTS

1. 200g nettle-ragi-amaranth pancake premix
2. 8 tbsp thick curd
3. 200ml water
4. Oil/ghee for frying

Quantity is enough to make 8 medium pancakes.

RECIPE

1. Whisk the curd smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Heat a griddle or large skillet over medium heat.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour ½ cup of batter per pancake.
6. Cook for 2-4 minutes per side, until fluffy and golden brown.
7. Serve plain, with honey, with fruits or with jam.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 10.19 |
| Protein (%) | 9.05 |
| Carbohydrate (%) | 68.92 |
| Energy (%) | 403.62 |
| Potassium (mg/100g) | 5326.0 |
| Calcium (mg/100g) | 5964.3 |
| Magnesium (mg/100g) | 1921.4 |
| Iron (mg/100g) | 72.9 |



nettle crepe mixes





(WITHOUT EGG)

INGREDIENTS

1. 200g nettle-barnyard millet crepe premix
2. 200ml water
3. Oil/ghee for frying (2 tbsp)
4. Add 2 tbsp thick curd

RECIPE

1. In a bowl, Whisk the curd smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Heat a non-stick skillet over medium high heat.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour 1/4 cup of batter per crepe mix. Cook for 4-5 minutes.
6. Serve with sautéed vegetable, Fruit salad.
7. In summer serve with rayta.

NETTLE BARNYARD MILLET CREPE MIX

INGREDIENTS

1. 200g nettle barnyard millet crepe mix
2. 200ml water
3. 6-8 Tbsp curd
4. Oil/ghee for frying (2tbsp)

RECIPE

1. In a bowl, whisk the thick curd smoothly.
2. Combine all the ingredients in a large bowl. Mix well.
3. Heat a non-stick skillet or iron flat pan over medium flame.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour 1/4 cup of batter per crepe. Cook for 1-2 minutes under the lid.
6. Flip the crepe and cook the other side.
7. Enjoy with vegetables, chutney pickle or rayta.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 15.1 |
| Protein (%) | 10.1 |
| Carbohydrate (%) | 61.7 |
| Energy (%) | 423.1 |
| Potassium (mg/100g) | 5657.0 |
| Calcium (mg/100g) | 5513.2 |
| Magnesium (mg/100g) | 2314.6 |
| Iron (mg/100g) | 87.4 |



NETTLE AMARANTH BARNYARD MILLET RAGI

INGREDIENTS

1. 200g nettle millet crepe premix
2. 200ml water
3. 1Egg or 8 table spoon curd
4. Oil/ghee for frying
5. Few drops vanilla essence

RECIPE

1. Whisk the egg smoothly in mixing bowl.
2. Who do not like to take egg may use 8 tbsp (approximately 200g) thick curd in place of egg.
3. The curd should also be smoothened before use.
4. Combine all the ingredients in a large bowl, mixing thoroughly.
5. Heat a non-stick skillet over medium high heat.
6. Grease the warm pan lightly with a brush or oiled tissue.
7. Pour 1/4 cup of batter per crepe. Cook for 4-5 minutes
8. Enjoy with vegetable or chutney.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 16.14 |
| Protein (%) | 12.05 |
| Carbohydrate (%) | 57.74 |
| Energy (%) | 424.39 |
| Potassium (mg/100g) | 6178.7 |
| Calcium (mg/100g) | 7064.1 |
| Magnesium (mg/100g) | 2335.5 |
| Iron (mg/100g) | 98.6 |



NETTLE BARNYARD MILLET BESAN CREPE MIX (GLUTEN FREE)

INGREDIENTS

1. 200g nettle barnyard millet crepe mix
2. 100ml water or as per requirement
3. 8 Tbsp curd
4. Oil/ghee for frying
5. Vanilla essence to flavor

RECIPE

1. Whisk the curd smoothly.
2. Combine all the ingredients in a large bowl, mixing thoroughly.
3. Add water slowly to get desired consistency.
4. Mix thoroughly to avoid lumps.
5. Heat a non-stick skillet over medium high heat.
6. Grease the warm pan lightly with a brush or oiled tissue.
7. Pour 1/4 cup of batter per crepe mix. Cook for 4-5 minutes.
8. Enjoy the crepe with vegetable or chutney.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 17 |
| Protein (%) | 11.16 |
| Carbohydrate (%) | 55.72 |
| Energy (%) | 420.5 |
| Potassium (mg/100g) | 7074 |
| Calcium (mg/100g) | 7613.9 |
| Magnesium (mg/100g) | 2454.3 |
| Iron (mg/100g) | 149.3 |



NETTLE AMARANTH BARNYARD MILLET

INGREDIENTS

1. 200g nettle amaranth millet ragi crepe premix
2. 200ml water
3. 8 Tbsp curd
4. Oil/ghee for frying
5. Few drops vanilla essence

RECIPE

1. Whisk the curd till it smoothens.
2. Combine all the ingredients in a large bowl and mix thoroughly.
3. Heat a non-stick skillet over medium flame.
4. Grease the warm pan lightly with a brush or oiled tissue.
5. Pour 1/4 cup of batter per crepe. Cook for 4-5 minutes.
6. Enjoy the crepe with vegetables or chutney.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 16.4 |
| Protein (%) | 13.3 |
| Carbohydrate (%) | 55.2 |
| Energy (%) | 420.8 |
| Potassium (mg/100g) | 7917.7 |
| Calcium (mg/100g) | 6579.3 |
| Magnesium (mg/100g) | 2336.5 |
| Iron (mg/100g) | 99.0 |



nettle cutlet mixes





NETTLE BARNYARD MILLET CUTLET MIX

INGREDIENTS

1. 200g nettle- barnyard millet cutlet premix
2. 200 ml Water
3. 2 tbsp. Oil/Ghee for mixing
4. Oil/Ghee for frying

RECIPE

1. Empty the contents of the packet in a pan and knead well with oil.
2. Slowly add the water and knead the mixture into thick dough.
3. Keep it covered for 10-15 minutes.
4. Roll the dough into medium sized cutlet shape using your palm.
5. Heat the oil and leave it on medium flame.
6. Put the rolled cutlets in the hot oil
7. Do not touch the cutlet until it starts floating on its own.
8. Flip carefully and fry both sides on low flame.
9. Serve with green chutney or chili sauce.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 3.1 |
| Protein (%) | 12.4 |
| Carbohydrate (%) | 48.9 |
| Energy (%) | 273.4 |
| Potassium (mg/100g) | 9661.4 |
| Calcium (mg/100g) | 5684.3 |
| Magnesium (mg/100g) | 2358.8 |
| Iron (mg/100g) | 46.4 |



NETTLE PANCHRATAN CUTLET MIX

INGREDIENTS

1. 200g nettle panchratan cutlet mix
2. 200-300 ml water
3. 2 tbsp oil/ghee for mixing
4. Oil/ghee for frying

RECIPE

1. Take the whole content of the packet in a pan and knead it well with oil.
2. Add water slowly and knead it to make a soft dough.
3. Keep it covered for 10-15 minutes.
4. Then make small dough and press it with your hand and make a round shape.
5. Their size has to be made a little thicker.
6. First, keep the heat of the gas high, put it in hot oil.
7. Then reduce the heat of the gas.
8. Do not touch the cutlet until it starts floating on its own.
9. Flip carefully and fry both sides on low flame.
10. Serve with tomato or chilli sauce, chutney
11. Can also be used to make tasty veggie burger.

NUTRITIONAL

| | |
|------------------------|---------|
| Fat (%) | 2.1 |
| Protein (%) | 11.4 |
| Carbohydrate (%) | 71.7 |
| Energy (%) | 351.0 |
| Potassium (mg/100g) | 11942.7 |
| Calcium (mg/100g) | 7676.2 |
| Magnesium (mg/100g) | 2083.4 |
| Iron (mg/100g) | 79.0 |



nettle
soup
mixes



NETTLE SOUP MIX VEG (CARROT, CABBAGE,BEAN)

INGREDIENTS

1. 200g nettle - mix veg (carrot ,cabbage ,bean) soup premix
2. Add 1000 ml water
3. Milk 18g

RECIPE

1. Empty entire contents of nettle -mix veg (carrot, cabbage ,bean) soup mix into a cup
2. Pour 1000 ml warm water
3. Cover and cook until slightly tender
4. Stir continuously to avoid lumps
5. Cook 3-4 min & Serve the hot soup, plain or with butter.

NUTRITIONAL

| | |
|------------------------|--------|
| Fat (%) | 1.80 |
| Protein (%) | 11.44 |
| Carbohydrate (%) | 71.88 |
| Energy (%) | 349.51 |
| Potassium (mg/100g) | 8987.2 |
| Calcium (mg/100g) | 9420.7 |
| Magnesium (mg/100g) | 1949.3 |
| Iron (mg/100g) | 199.2 |



CREAM OF NETTLE MUSHROOM SOUP

INGREDIENTS

1. 200g cream of nettle-mushroom soup premix
2. Add 1000 ml water
3. Butter 60g or as per taste

RECIPE

1. Take entire contents of soup mix into a pot.
2. Pour 1000 ml warm water.
3. Cover and cook until slightly tender.
4. Stir continuously to avoid lumps.
5. Boil for 5 min and add butter.
6. Serve hot, plain or with sauce.

NUTRITIONAL

| | |
|------------------------|----------|
| Fat (%) | 15.9 |
| Protein (%) | 12.1 |
| Carbohydrate (%) | 45.4 |
| Energy (%) | 373.2 |
| Potassium (mg/100g) | 111519.6 |
| Calcium (mg/100g) | 12092.9 |
| Magnesium (mg/100g) | 2237.6 |
| Iron (mg/100g) | 146.3 |



NETTLE CABBAGE MUSHROOM SOUP

INGREDIENTS

1. 200g nettle-cabbage-mushroom soup premix
2. Add 900 ml water

RECIPE

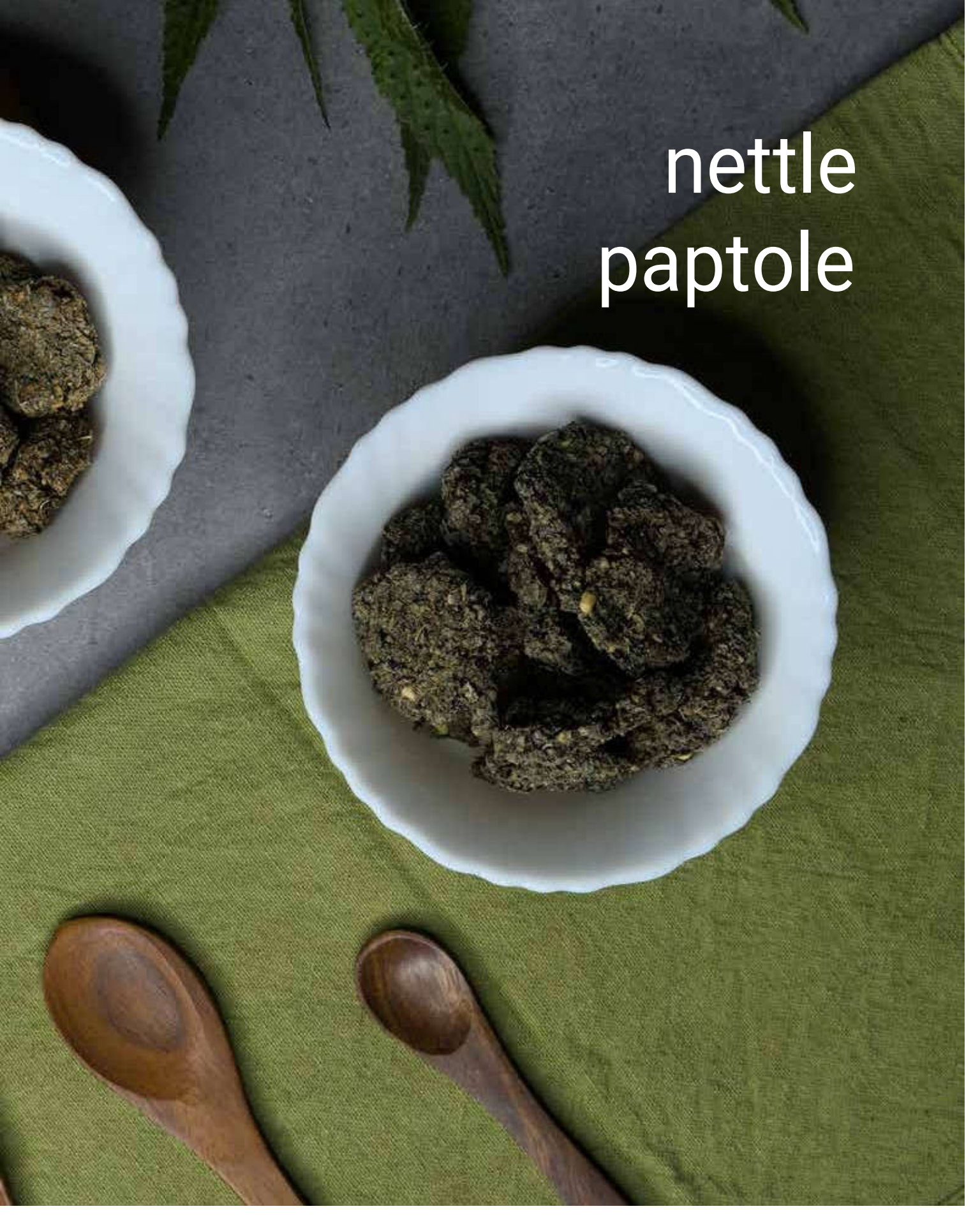
1. Empty entire contents of nettle-cabbage-mushroom soup mix into a cup.
2. Pour 900 ml warm water.
3. Cover and cook until slightly tender.
4. Stir continuously to avoid lumps.
5. Boil for 5 min and serve hot, plain or with butter.

NUTRITIONAL

| | |
|------------------------|---------|
| Fat (%) | 2.8 |
| Protein (%) | 13.6 |
| Carbohydrate (%) | 56.2 |
| Energy (%) | 304.0 |
| Potassium (mg/100g) | 9898.9 |
| Calcium (mg/100g) | 10424.8 |
| Magnesium (mg/100g) | 2049.9 |
| Iron (mg/100g) | 729.1 |



nettle paptole





or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 & 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid.

TADKA 2 : INGREDIENTS

1. Mustard Oil - 2 Tbsp
2. Onion - 1 small
3. Ginger - 1 inch piece
4. Garlic - 6 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add ginger to fry it lightly.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

SHISHUN PAPTOLE

(FRESH NETTLE WITH GRAM)

INGREDIENTS

1. Shishun paptole - 50g
2. Water - 600ml or as per requirement
3. Wheat flour - 1 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptole and soak in half of the measured water for 30 min.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptole for cooking preferably in iron wok.
4. Add turmeric and salt while cooking.
5. Cover the lid and cook for 20-30 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptole slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Serve hot with chapatti or rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|--------------------------------------|-------|
| Protein (%) | 23 |
| Mg (mg/kg) | 2289 |
| P (mg/kg) | 4240 |
| K (mg/kg) | 17440 |
| Ca (mg/kg) | 14826 |
| Mn (mg/kg) | 24 |
| Fe (mg/kg) | 131 |
| Na (mg/kg) | 93 |
| Crude fiber (%) | 9 |
| Total Phenolic Compounds (mg/ GAE g) | 70 |
| Antioxidant Activity (mg/GAE g) | 9 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 & 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid.

TADKA 2 : INGREDIENTS

1. Mustard Oil - 1 & 1/2 Tbsp
2. Onion - 1 small
3. Ginger - 1 inch piece
4. Garlic - 6-8 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add ginger to fry it lightly.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

SHISHUN PAPTOLE

(FRESH NETTLE WITH AALOO/POTATO)

INGREDIENTS

1. Shishun aaloo/potato paptole - 50g
2. Water - 500ml or as per requirement
3. Wheat flour - 1 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptole and soak in half of the measured water for 15 min.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptole for cooking preferably in iron wok.
4. Add turmeric and salt while cooking.
5. Cover the lid and cook for 20-25 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptole slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Serve hot with chapatti or rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|---------------------------------|-------|
| Protein (%) | 17 |
| Mg (mg/kg) | 3038 |
| P (mg/kg) | 4899 |
| K (mg/kg) | 25173 |
| Ca (mg/kg) | 18688 |
| Mn (mg/kg) | 24 |
| Fe (mg/kg) | 140 |
| Na (mg/kg) | 82 |
| Crude fiber (%) | 10 |
| TPC (mg/ GAE g) | 65 |
| Phytate content (mg/100 g) | 100 |
| Antioxidant Activity (mg/GAE g) | 10 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 and 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid.

TADKA 2 : INGREDIENTS

1. Mustard Oil - 2 Tbsp
2. Onion - 1 small
3. Tomato - 1 medium size
4. Ginger - 1 inch piece
5. Garlic - 6 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add ginger and finely chopped tomato. Fry till tomato smoothens well.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

NETTLE PAPTOLÉ

(WITH CHANA DAL/GRAM)

INGREDIENTS

1. Nettle chana dal/gram paptole - 50g
2. Water - 600ml or as per requirement
3. Wheat flour - 1 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptole and soak in half of the measured water for 15 min.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptole for cooking preferably in iron wok.
4. Add turmeric and salt while cooking.
5. Cover the lid and cook for 20-25 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptole slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Tastes well with chapatti and rice when served hot. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|--------------------------------------|-------|
| Protein (%) | 23 |
| Mg (mg/kg) | 2343 |
| P (mg/kg) | 3540 |
| K (mg/kg) | 12073 |
| Ca (mg/kg) | 11060 |
| Mn (mg/kg) | 32 |
| Fe (mg/kg) | 154 |
| Na (mg/kg) | 108 |
| Crude fiber (%) | 6 |
| Total Phenolic Compounds (mg/ GAE g) | 112 |
| Antioxidant Activity (mg/GAE g) | 10 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 & 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid.

TADKA 2 : INGREDIENTS

1. Mustard Oil - 1 & 1/2 Tbsp
2. Onion - 1 small
3. Tomato - 1 medium size
4. Ginger - 1 inch piece
5. Garlic - 6-8 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add ginger and finely chopped tomato. Fry till tomato smoothens well.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

NETTLE PAPTOLÉ

(WITH CHANA DAL/GRAM & AALOO/POTATO)

INGREDIENTS

1. Nettle chana dal/gram & aaloo/potato paptolé - 50g
2. Water - 700ml or as per requirement
3. Wheat flour - 1 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptolé and soak in half of the measured water for half an hour.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptolé for cooking preferably in iron wok.
4. Add turmeric and salt while cooking.
5. Cover the lid and cook for 20-25 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptolé slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Relish hot with chapatti or rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|---------------------------------|-------|
| Protein (%) | 19 |
| Mg (mg/kg) | 1619 |
| P (mg/kg) | 3263 |
| K (mg/kg) | 11339 |
| Ca (mg/kg) | 5327 |
| Mn (mg/kg) | 28 |
| Fe (mg/kg) | 70 |
| Na (mg/kg) | 107 |
| Crude fiber (%) | 6 |
| TPC (mg/ GAE g) | 65 |
| Antioxidant Activity (mg/GAE g) | 10 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 and 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid

TADKA 2 : INGREDIENTS

1. Mustard Oil - 2 Tbsp
2. Onion - 1 small
3. Ginger - 1 inch piece
4. Garlic - 6-8 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add finely chopped ginger to fry lightly.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

NETTLE PAPTOLÉ

(WITH BHATT/BLACK SOYA)

INGREDIENTS

1. Nettle bhatt/black soya paptolé - 50g
2. Water - 800ml or as per requirement
3. Rice flour - 2Tbsp
4. Salt - 1tsp or as per taste
5. Turmeric - 1/4tsp

RECIPE

1. Soak the paptolé in half of the measured water for 30 min.
Don't drain the excess water.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptolé for cooking preferably in iron wok.
4. Add turmeric and salt while cooking.
5. Cover the lid and cook for 30-45 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptolé slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Enjoy the traditional cuisine from Kumaun hot with chapatti or rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|--------------------------------------|-------|
| Protein (%) | 26 |
| Mg (mg/kg) | 3595 |
| P (mg/kg) | 5177 |
| K (mg/kg) | 17596 |
| Ca (mg/kg) | 10562 |
| Mn (mg/kg) | 32 |
| Fe (mg/kg) | 137 |
| Na (mg/kg) | 33 |
| Crude fiber (%) | 10 |
| Total Phenolic Compounds (mg/ GAE g) | 65 |
| Antioxidant Activity (mg/GAE g) | 9 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 and 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid

TADKA 2 : INGREDIENTS

1. Mustard Oil - 2 Tbsp
2. Onion - 1 small
3. Ginger - 1 inch piece
4. Garlic - 8 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add ginger and fry lightly.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

NETTLE PAPTOLE

(WITH MOONG DAL/MUNGBEAN)

INGREDIENTS

1. Nettle moong dal/mungbean paptole - 50g
2. Water - 600ml or as per requirement
3. Wheat flour - 1/2 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptole and soak in half of the measured water for 15min.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptole for cooking preferably in iron wok.
4. Add turmeric and salt while cooking.
5. Cover the lid and cook for 20-25 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptole slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Serve hot with chapatti or rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|--------------------------------------|-------|
| Protein (%) | 21 |
| Mg (mg/kg) | 3108 |
| P (mg/kg) | 4308 |
| K (mg/kg) | 15104 |
| Ca (mg/kg) | 9474 |
| Mn (mg/kg) | 23 |
| Fe (mg/kg) | 121 |
| Na (mg/kg) | 34 |
| Crude fiber (%) | 5 |
| Total Phenolic Compounds (mg/ GAE g) | 105 |
| Antioxidant Activity (mg/GAE g) | 10 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 and 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece
5. Ginger finely chopped - 1 inch piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid

TADKA 2 : INGREDIENTS

1. Mustard Oil - 2 Tbsp
2. Onion - 1 small
3. Tomato - 1 medium size
4. Ginger - 1 inch piece
5. Garlic - 8 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Add finely chopped onion and fry till it turns light brown.
5. Add ginger and finely chopped tomato. Fry till tomato smoothens well.
6. Pour the tadka mix over cooked vegetable evenly and cover the lid.

NETTLE PAPTOLÉ

(WITH MALKA DAL/LENTIL)

INGREDIENTS

1. Nettle malka dal/lentil paptolé - 50g
2. Water - 600ml or as per requirement
3. Wheat flour - 1/2 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptolé and soak in half of the measured water for 15-20 min.
2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
3. Keep the soaked paptolé for cooking preferably in iron wok.
4. Add turmeric, ginger and salt while cooking.
5. Cover the lid and cook for 30-45 min.
6. Keep stirring in between and add water if required.
7. Dissolve wheat flour in a bowl in 100 ml water.
8. Add this to the cooking paptolé slowly and keep stirring to avoid lumps.
9. Cook for another 5-7 min.
10. Keep thickness as per your taste.
11. Take out the cooked vegetable in serving bowl.

Serve hot with chapatti or rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|--------------------------------------|-------|
| Protein (%) | 18 |
| Mg (mg/kg) | 2640 |
| P (mg/kg) | 3877 |
| K (mg/kg) | 12889 |
| Ca (mg/kg) | 9466 |
| Mn (mg/kg) | 23 |
| Fe (mg/kg) | 117 |
| Na (mg/kg) | 40 |
| Crude fiber (%) | 4 |
| Total Phenolic Compounds (mg/ GAE g) | 80 |
| Antioxidant Activity (mg/GAE g) | 10 |



or

TADKA 1 : INGREDIENTS

1. Mustard Oil - 1 and 1/2 Tbsp
2. Fenugreek seed - 1 tsp
3. Asafoetida - 1/4 tsp
4. Red chilli whole - 4 piece

TADKA 1 : PROCESS

1. Heat the oil well. Add fenugreek seed and heat till the seeds turn reddish-black in colour.
2. Put the red chilli in it for frying.
3. When chillies are well fried add asafoetida in it.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid

TADKA 2 : INGREDIENTS

1. Mustard Oil - 2 Tbsp
2. Onion - 1 small
3. Ginger - 1 inch piece
4. Garlic - 6-8 cloves

TADKA 2 : PROCESS

1. Heat the oil well.
2. Put the red chilli in it to fry.
3. When chillies are well fried, add finely chopped garlic and fry till it browns.
4. Pour the tadka mix over cooked vegetable evenly and cover the lid.

NETTLE PAPTOLÉ

(WITH SAFED BHATT/WHITE SOYA)

INGREDIENTS

1. Nettle safed bhatt/white soya paptolé - 50g
2. Water - 800ml or as per requirement
3. Rice flour - 1 and 1/2 Tbsp
4. Salt - 1 tsp or as per taste
5. Turmeric - 1/4 tsp

RECIPE

1. Wash the paptolé and soak in half of the measured water for 30 min.
 2. Soaking will reduce the cooking time otherwise it can be cooked directly also.
 3. Keep the soaked paptolé for cooking preferably in iron wok.
 4. Add turmeric, finely chopped ginger and salt while cooking.
 5. Cover the lid and cook for 30-45 min.
 6. Keep stirring in between and add water if required.
 7. Dissolve rice flour in a bowl in 100 ml water.
 8. Add this to the cooking paptolé slowly and keep stirring to avoid lumps.
 9. Cook for another 5-7 min.
 10. Keep thickness as per your taste.
 11. Take out the cooked vegetable in serving bowl.
- Serve hot and relish with chapatti and rice. Add lemon juice to enhance the taste.

NUTRITIONAL

| | |
|--------------------------------------|-------|
| Protein (%) | 27 |
| Mg (mg/kg) | 3410 |
| P (mg/kg) | 4924 |
| K (mg/kg) | 18216 |
| Ca (mg/kg) | 13905 |
| Mn (mg/kg) | 34 |
| Fe (mg/kg) | 129 |
| Na (mg/kg) | 40 |
| Crude fiber (%) | 8 |
| Total Phenolic Compounds (mg/ GAE g) | 105 |
| Antioxidant Activity (mg/GAE g) | 10 |

