

Your Store
For the Finest
Quality Ingredients
FOURS & MIXES

# **ABOUT US**

Kimera Home is a Retail and Online initiative with a vision to proffer the finest quality Home & Lifestyle products at affordable prices & your convenience.

Our products are handpicked to hearten your lifestyle with health and happiness. In the era of eco-friendly and nature-conscious consumers, we intend to deliver a delightful experience with an inherent sense of authenticity. Our superior quality products are chosen by our team of experts from their personal experience, with contemporized age-old wisdom and inputs from several homemakers and kitchen experts.

We value trust and honesty, that enable us to build lifetime relationships with our customers. We make sure that our products and ingredients are responsibly sourced, put through rigorous trials with zero compromise on quality. Endless hours and efforts are spent on selecting and curating our products, taking root in our culture, constantly evolving to modern day needs, to enjoy every occasion of life!

# **OUR VALUES**

Living the KIMERA LIFE by ...

- Creating the culture of true love, care & mutual trust.
- Giving our best efforts in everything we do with passion and the highest level of commitment to quality.
- Striving for the best, with an evolving mindset, being curious and exploring new horizons, while holding on to our roots.
- Leading a life with dignity and respect, while caring for mother earth.
- Success & performance follows when you are benevolent, remaining true to human values.





# **OUR VISION**

Nurturing Happy Lifestyles.

Life is good, and our endeavor is to make it even better, for greater good of people.

Kimera Home started with a living dream to celebrate life, connecting people and help them lead a healthy & happy lifestyle!

Authentic relationships and genuine contributions to the community at large is our core belief and hence, every customer, sourcing partner, business associate and our employees are a part of our family in our shared success.

Get to know us and you will see, we are so much more than what we just offer and sell. We ensure that everything we do is through the lens of humanity—from our commitment to the highest-quality products, to the way we engage with our customers and communities to do good.

# **OUR MISSION**

To nurture happy lifestyles through our initiatives and every product that we select, endorse, and offer to our family members, partners & community.



# **FLOURS**

We offer you superior quality and stone ground flours which are minimally processed and obtained by grinding the whole grains. These are loaded with several health benefits and an authentic taste. It can be used in a wide range of culinary preparations.

# WHEAT FLOUR - FINE & COARSE •



We select only the best quality whole wheat, which is cleaned and passed through the stone grinder to obtain fine, superior quality and nutritious wheat flour which will give you soft and delicious chapatis, rotis, phulkas, etc.

### **Health Benefits**

- Promotes gastrointestinal health in women
- Protects against coronary diseases
- Prevents childhood asthama
- · Reduces chronic inflammation
- Improves body metabolism
- · Controls obesity
- Relieves postmenopausal symptoms

# **HEALTHY WHOLE WHEAT TACOS**

### Ingredients:

Wheat flour - 2 cups
Oil as required
Salt - as per taste
Grated paneer - 1 cup
Finely chopped onion - 1/2 cup
Finely chopped capsicum - 1/2 cup
Red chilli flakes - 1 tbsp

# Recipe Method

- In a bowl take wheat flour, salt and approx 1 tsp of oil.
- 2. Give the flour a good mix while rubbing it against your palms.
- Add water gradually and knead a stiff dough.
- 4. Spread some oil on the surface of the dough ball, cover it and rest it for 15-20 mins.
- 5. In a bowl mix paneer, veggies, red chilli flakes, cheese & salt.
  6. Divide the dough into small portions and roll small taco sized rotis.
- 7. Roast the rotis on pan till half done.
- 8. Fold the roti from centre to form a semi-circle and fill the centre with the prepared mixture.
- 9. Add oil to the pan and roast the prepared tacos till they turn crisp and golden brown.

Tip: You can add more veggies of your choice to make the filling more healthy.

# **CHOCOLATE CAKE**

Grated cheese - 1/2 cup

#### Ingredients:

Wheat flour - 1 cup
Cocoa powder - 3 tbsp
Baking soda - 1/2 tsp
Salt - 1/4<sup>th</sup> tsp
Raw sugar - 3/4<sup>th</sup> cup
Cold water - 1 Cup
Oil - 1/4<sup>th</sup> cup
Lemon juice - 1 tbsp

Vanilla essence - 1tsp

# **Recipe Method**

1. In a bowl mix all the wet ingredients.

- 2. Sift and add the dry ingredients to the wet mixture.
- Transfer the prepared batter to a greased and lined baking mould.
- 4. Bake the cake for 40 mins at 180°C in a preheated oven.





# PEARL MILLET FLOUR •



Bajra also known as pearl millet is rich in fiber and protein and has essential minerals like magnesium, iron and phosphorus. Use it to make healthy products such as theplas, rotis, baked goods, etc.

#### **Health Benefits**

- Lowers cholesterol
- · Lowers blood pressure
- Relieves constipation
- · Rich in folic acid
- · Good for bones, skin and eyes

Bajara

- · Gluten free
- · Boosts metabolism

## **BAJRA GARLIC PANIYARAM**

# Ingredients:

Pearl millet flour - 1 cup Chopped fenugreek leaves - 1/2 cup Chopped fresh green garlic - 1/4th cup Chopped coriander leaves - 1/4th cup Crushed carom seeds - 1/2 tsp Asafoetida - 1/2 tsp Turmeric powder - 1/4<sup>th</sup> tsp Finely chopped garlic - 1 tsp Ginger & chilli paste - 1 tbsp Sesame seeds - 1 tsp

# Recipe Method

- 1. Mix all the ingredients in a bowl.
- 2. Add water gradually and make thick lump-free batter.
- 3. Heat a paniyaram pan and grease with oil, add batter to each mould.
- 4. Cover and let it cook from both the sides, flip after one side is done.



Tip: Serve with curd, pickle, ketchup or chutney.

### PEARL MILLET AND NUTS COOKIES

### Ingredients:

Curd - 1/2 cup

Salt as per taste

Baking soda - 1/4th tsp

Pearl millet flour - 3 cups Almond powder - 1/2 cup Desiccated coconut - 1/2 cup Jaggery powder - 1 cup Baking powder - 1tsp Baking soda - 1/2 tsp Raisins - 1/4th cup Walnuts - 1/4th Cup Butter - 200 g Cardamom powder - 1tsp

# Recipe Method

- 1. Add all the ingredients to a food processor.
- 2. Blend it till it forms a dough.
- 3. Place small portions of the dough on a lined baking tray.
- 4. Bake in a preheated oven at 150°C for 12 15 minutes.

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Sorghum flour is obtained by finely grinding the whole kernels of sorghum. It is beige in colour with mild sweet flavour. It is excellent source of protein, fiber and antioxidants. Use it in wide range of culinary preparations.

#### **Health Benefits**

- · Loaded with iron
- · Boosts energy
- · Good for bone health
- $\cdot {\tt Controls\,blood\,sugar\,levels}$
- Helps in weight loss
- · Gluten free
- Improves digestive system
- Good for diabetes

# **POWERPACKED JOWAR & MORINGA PARATHA**

#### Ingredients:

Salt - 1/4<sup>th</sup> tsp

Sorghum flour - 2 cups Red chilli powder - 1tsp Turmeric powder - 1/2 tsp Cumin powder - 1/2 tsp Coriander seeds powder - 1/2 tsp Salt - as per taste Asafoetida (Hing) - 1/4<sup>th</sup> tsp Carom seeds (crushed) - 1 tsp

Coriander leaves - 2 tbsp

Oil - 2 tbsp

Moringa / Drumstick leaves - 1 cup

### Recipe Method

- 1. Mix all the ingredients in a howl
- 2. Knead a firm dough by gradually adding water to the mixture.
- 3. Divide the dough into small portions and roll out round parathas.
- 4. Heat a pan and grease it with oil.
- 5. Roast the paratha on both the sides, drizzle oil in between.

Tip: Serve with curd, pickle, ketchup or chutney.

#### SORGHUM BANANA LOAF CAKE

## Ingredients:

Sorghum flour - 1 & 1/4th cup

Ripe bananas - 4 nos.

Coconut oil - 1/4th cup

Jaggery powder - 1/4th cup

Vanilla essence - 1 tsp

Cinnamon powder - 1tsp

Salt- 1/4<sup>th</sup> tsp, Baking powder - 1/2 tsp Baking soda - 1/2 tsp, Milk - 1/2 cup

Choco chips - 1/4<sup>th</sup> cup, Lemon juice - 1 tsp

#### **Recipe Method**

- 1. Add all the ingredients to a food processor.
- 2. Blend it till the mixture starts forming a dough.
- 3. Place small portions of the dough on a lined baking tray.
- 4. Bake in a preheated oven at  $150^{\circ}\text{C}$ for 15 mins.





# FINGER MILLET (RAGI) FLOUR • Nachani



Freshly prepared by grinding the ragi grains to get fine powder. It is loaded with high proteins and minerals. It has a pale pinkish colour. Use it to make flat breads, idlis, dosas. papads, noodles, etc.

#### **Health Benefits**

- · Rich in fiber
- · Gluten free
- · Contains calcium Good for diabetes
- · Helps in weight loss
- · Aids digestion
- ·Anti-ageing
- · Good for bones and teeth
- Produce red blood cells
- · Good for heart

# **POWERPACKED IDLI**

### Ingredients:

Finger millet flour - 1 cup Semolina - 1 cup

Curd - 3/4<sup>th</sup> cup

Baking soda - 1/2 tsp

Salt - as per taste

Oil for greasing

#### Recipe Method

- 1. In a bowl add all the ingredients and mix well.
- 2. Add water gradually to the dry ingredients and keep mixing to form a pourable lump free batter. (Similar to dosa batter in consistency)



- 3. Cover the bowl and rest the batter for 15-20 mins
- 4. After resting, add baking soda to it and mix well.
- 5. Grease the idli mould with oil and fill the mould 3/4th with the batter.
- 6. Steam the idlis for 12-15 mins.
- 7. Let it stand for a few minutes and demould the idlis.

Tip: You can make stuffed idlis or add finely chopped veggies to the batter to make it more healthy.

# **MOIST & HEALTHY MUG CAKE**

### Ingredients:

Finger Millet Flour - 3 tbsp Corn flour - 1tsp, Cocoa powder - 2 tbsp Baking Powder - 1/8th tsp Baking soda - 1/8<sup>th</sup> tsp

Salt - 1/8<sup>th</sup> tsp

Coconut sugar / Jaggery powder - 2 tbsp

Coconut Oil - 2 tbsp

Coffee powder - 2 tsp, Water - 4 tbsp

Vanilla essence - 1tsp

Lemon juice - 1 tsp, Choco chips - 2 tbsp

# **Recipe Method**

- 1. In a 200 ml mug add all the wet ingredients and whisk well.
- 2. Now add the dry ingredients to the wet mixture.
- 3. Whisk everything well.
- 4. Microwave for 2 mins.



Tip: Top it with Chocolate syrup or chocolate frosting.

# AMARANTH FLOUR Rajgira Aata Rajgira Pata



This flour is made from amaranth seeds. It has a nutty flavour and is supernutritious. It is rich in fiber and iron. Use it as thickenerin gravies, soups and stews. Also use it to make flat breads, pasta, pancakes, etc.

#### **Health Benefits**

• Builds and maintains muscle mass

· Lowers blood cholesterol levels

- Boosts immunity
- · Enhances bone health
- · Aids digestion
- · Gluten free
- Reduces inflammation

# IMMUNITY BOOSTING LADDOOS

#### Ingredients:

Amaranth flour - 2 cups Walnuts - 1 &1/2 cup

Flax seeds - 1/4<sup>th</sup> cup

Pumpkin seeds - 1/4th cup

Dates (Pitted) - 20 nos.

Raisins - 1/2 cup

# Recipe Method

- 1. Dry roast the flour on low flame for 2 mins.
- 2. Dry roast walnuts, pumpkin seeds and flax seeds till slightly roasted.
- 3. Add all the ingredients to a grinder and grind it till it forms lumps.
- 4. Shape the laddoos using your palms.

Tip: Store in an airtight container in refrigerator.

#### **CRISPY CRACKERS**

#### Ingredients:

Amaranth flour - 2 cups

Wood pressed oil - 2 tbsp

Maple syrup - 2 tbsp

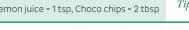
Baking powder - 1 tsp

Salt - 1tsp

Water - 1/3<sup>rd</sup> cup

# Recipe Method / Steps

- 1. In a bowl mix all the ingredients and rub with hands without applying pressure.
- 2. Add water gradually and form a stiff
- 3. Roll the dough to desired thickness and cut in the desired shape.
- 4. Transfer the crackers to a lined baking tray and prick the crackers with fork.
- 5. Bake at 150°C for approx 15 20 minutes. (depends upon the size and thickness of the crackers).



# SATTUFLOUR Sattu Aata





Sattu flour is rich in protein. It is high in nutrients and often considered as powerhouse of energy. Use it to make healthy laddoos, smoothies, kebabs, beverages, parathas, etc.

#### **Health Benefits**

- · High nutritional value
- Boosts immunity
- Helps in weight loss
- · Acts as natural coolant
- · Aids digestion
- · Reduces cholesterol
- Increases Appetite
- Good for diabetes

#### HIGH PROTEIN ENERGY BARS

#### Ingredients:

Sattu flour - 1 cup Dates (pitted) - 3/4th cup

Dry desiccated coconut - 1/2 cup Roasted almonds - 1/4th cup Ghee - 1 & 1/2 tbsp

### Recipe Method

- 1. Dry roast sattu flour on low flame for 2 mins
- 2. Blend coconut, dates & almonds in a blender.
- 3. Now add sattu flour to the blended mixture and blend again till well combined.
- 4. Heat a pan and add ghee to it. Roast the blended mixture in ghee for 2 to 3 mins.
- 5. Grease a tray with ghee and spread the roasted mixture in the tray and level the top by applying pressure.
- 6. Set the mixture in refrigerator for 1 hour.
- 7. Demould it and cut the bars in desired size.

Tip: Store the bars in an airtight container in the refrigerator.

## HIGH PROTEIN SMOOTHIE

# Ingredients:

Sattu flour - 1/3<sup>rd</sup> cup

Milk - 1 cup

Banana - 1 No.

Peanut butter - 2 tbsp

Cocoa powder - 1tbsp

Jaggery powder - 2 tsp

Chia seeds - 1.5 tsp

# **Recipe Method**

- 1. Blend all the ingredients in a blender.
- 2. Your super healthy smoothie is ready



# WATER CHESTNUT FLOUR Singhara Aata





This flour is an excellent source of nutrients and antioxidants. It is made from dried water chestnuts. Use it to make flat breads, pancakes, etc.

#### **Health Benefits**

- · Acts as body coolant
- · Good for hair
- · Balances blood sugar
- · Eliminates cough
- Treats urinary infections
- · Contains antioxidants

# **HIGH FIBRE DOSA**

# Ingredients:

Water chestnut flour - 1 cup

Curd - 1 cup

Black pepper powder - 1/4<sup>th</sup> cup

Red chilli powder - 1/4th tsp

Salt - as per taste

Oil / Ghee for drizzling

Chopped coriander leaves -

optional

## **Recipe Method**

- 1. In a bowl add all the ingredients and mix well.
- 2. Add water gradually to the dry ingredients and keep mixing to form a pourable lump free batter. (Similar to dosa batter in consistency).
- 3. Cover the bowl and rest the batter for 15-20 mins.
- 4. Heat a non-stick pan, add a laddle full of prepared batter and spread it with the help of the laddle.
- 5. Drizzle some oil and cook from both the sides.

Tip: You can make stuffed dosa by adding potato filling in the centre.

# WATER CHESTNUT COOKIES

#### Ingredients:

Water Chestnut Flour - 225g Butter / Ghee - 110g

Milk - 15 ml, Raw Sugar - 100g

Dried Ginger Powder - 1tsp

Cinnamon powder - 1/4<sup>th</sup> tsp

Choco chips - 5 g Pumpkin seeds - 5 g

Sunflower seeds - 5 g

Almonds - 20g

### Recipe Method

- 1. Add all the ingredients to a food processor.
- 2. Blend it till the mixture starts forming a dough.
- 3. Place small portions of the dough on a lined baking tray.
- 4. Bake in a preheated oven at 150°C for 15 mins.



# RICE FLOUR



Chaaval ka Aata



A bright white flour obtained by grinding the rice grains. It has a very mild taste and a sand like texture. It is a good source of vitamins and minerals. Being low in fiber, it is soothing to the digestive system. It can be used in variety of culinary preparations.

# **Health Benefits**

- ·Gluten free
- Easy to digest
- · Maintains bone health
- · Good for skin and hair
- Good for liver

### SAVOURY RICE FLOUR PANCAKES

### Ingredients:

Rice flour - 2 cups

Semolina - 3/4th cup

Salt - as per taste

Sugar - 1tbsp

Curd - 3/4th cup

Cumin seeds - 2 tsp

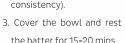
Finely chopped veggies of your

choice - 1/2 cup

Chopped coriander leaves - 3 tbsp

# Recipe Method

- 1. In a bowl add all the ingredients and mix well.
- 2. Add water gradually to the dry ingredients and keep mixing to form a pourable lump free batter. (Similar dosa batter consistency).



- 4. Heat a non-stick pan, add a laddle full of prepared batter.
- 5. Drizzle some oil and cook from both the sides.

Tip: Serve with curd, pickle, ketchup or chutney.

# MODAK FLOUR • Modak ka aata





This rice flour for modak is used for preparing a traditional sweet dish known as 'Ukdiche Modak'. It is prepared by blending variety of rice and grinding it to obtain the flour. You can make aromatic, soft and tasty modaks using this flour.

#### **Health Benefits**

- Low in fat. · Provides instant energy and
- · Good source of carbohydrates stamina
- Aids digestion · Regulates blood pressure

### MODAK

# Ingredients:

Modak flour - 2 cups

Milk - 1 cup

Water - 1 cup

Salt - pinch

Ghee - 1tbsp

Poppy seeds - 1tbsp

Grated coconut (Fresh) - 2 cups

Jaggery powder - 1 cup

Cardamom powder - 1 tsp

Nutmeg powder - 1/4th tsp

# **Recipe Method**

## For Filling:

- 1. Heat a non stick pan and add ghee to it.
- 2. Add poppy seeds and roast on very low flame for few seconds.
- 3. Add cocount and roast for 3 mins. Now add jaggery powder and cook till the mixture is well combined.
- 4. Switch off the flame and add cardamom and nutmeg powder to the mixture. Modak filling is ready.

# For Dough:

- 1. Add water, milk and 1 tsp ghee to a vessel and let it boil.
- 2. Once it starts boiling, switch of the flame and add salt.
- 3. Add rice flour to the wet mixture and mix till well combined.
- 4. Cover the mixture and let it sit for 10 mins.
- 5. Uncover it and knead the dough.
- 6. Grease your palms or modak mould with ghee. Take a small portion from the dough and shape the dough layer.
- 7. Fill the prepared filling in the centre of the shaped dough layer and close it to form a modak.
- 8. Grease the steamer tray / dish with some ghee and place the modaks on it leaving little space between each modak.
- 9. Steam the modaks in a steamer for 10 -12 minutes. Juicy and soft modaks are ready.



# AMBOLI FLOUR • Amboli Pith





Amboli is an Indian, traditional pancake or a thicker version of dosa. It is mostly consumed with chutney or gravies. The flour is prepared by blending variety of rice and pulses and is grinded to obtain the flour.

# **Health Benefits**

· Low in fat

- · Aids digestion
- Good source of carbohydrates
- · Regulates blood pressure
- · Provides instant energy and stamina

# **AUTHENTIC MAHARASHTRIAN AMBOLI**

### Ingredients:

Amboli flour - 500 g Red chilli powder - as per taste Salt - as per taste Oil for greasing

# Recipe Method

- 1. In a bowl add all the ingredients and mix well.
- 2. Add water gradually to the dry ingredients and keep mixing to form a pourable lump-free batter. (Similar to dosa batter in consistency)



- 3. Cover the bowl and rest the batter for 15-20 mins.
- 4. Heat a non-stick pan, add a laddle full of prepared batter.
- 5. Drizzle some oil and cook from both the sides.

Tip: You can make stuffed amboli by adding potato filling in the centre.

# **GHAVAN FLOUR**



Ghavane Pith



Ghavan is a traditional recipe which is made using rice flour and looks like crepe. You can also make it more flavourful by adding spices, methileaves, coriander, etc. to it. Just make a thin  $batter\,by\,adding\,water\,to\,the\,flour.\,And\,you\,are\,good\,to\,go\,and$ make your Ghavan.

### **Health Benefits**

· Low in fat

- · Aids digestion
- Good source of carbohydrates
- Regulates blood pressure
- Provides instant energy and stamina

# **AUTHENTIC MAHARASHTRIAN GHAVANE**

# Ingredients:

Ghavan flour - 500 g Red chilli powder - as per taste Salt - as per taste Oil for greasing

### **Recipe Method**

- 1. In a bowl add all the ingredients and mix well.
- 2. Add water gradually to the dry ingredients and keep mixing to form a pourable lump-free batter. (Thinner than dosa batter in consistency)
- 3. Cover the bowl and rest the batter for 15-20 mins.
- 4. Heat a non-stick pan, add a laddle full of prepared batter.
- 5. Drizzle some oil and cook from both the sides.

# GRAM FLOUR - Fine & Coarse





This pale yellow flour is obtained by finely milling bengal gram lentil. It has an earthy flavour which lifts up the taste of various dishes. It is very commonly used in Indian cuisine, specially as a coating for fried stuff. It is naturally gluten - free. It is a very good source of protein, vitamins, minerals and fiber. Use it in your curries, fried items, pancakes, desserts, etc.

### **Health Benefits**

- · Lowerstherisk of
- cardiovasculardiseases High in fiber
- · Helps to maintain muscle mass &strength
- Relieves constipation
- Excellent source of protein Contains good fat

# **PROTEIN RICH CHEELA**

#### Ingredients:

Gram Flour - 2 cups

Water - 1/2 cup (approx)

Salt - as per taste

Turmeric Powder - 1/4<sup>th</sup> tsp

Red chilli powder - 1 tsp

Finely chopped carrots - 1/4th cup

Finely chopped tomato - 1/4<sup>th</sup> cup

Finely chopped green chillies - as

per taste

Coriander leaves - 2 tbsp

Cumin seeds - 1 tsp

Asafoetida - 1/2 tsp

Crushed carom seeds - 1/4th tsp

Oil as required

# **Recipe Method**

- 1. In a bowl mix all the ingredients except water and oil.
- 2. Now gradually add water to the mixture to form a thick lump-free batter. (adjust water as needed)
- 3. Let the batter rest for 5 mins.
- 4. Heat a pan and grease it with oil.
- 5. Add laddle full of batter to the pan and spread it.
- 6. Let it cook from both the sides.

Tip: Serve with pickle, chutney, ketchup, etc.

# **VADA FLOUR**



Kombdi Vade Flour



It is a very famous dish of Maharashtra. It is obtained by blending together variety of grains, pulses and spices. Usually it is consumed along with non-veg recipes and gravies.

#### **Health Benefits**

- · Good source of protein
- · Aids digestion
- · Contains dietary fiber
- Contains carbohydrates

# **KOMBDI VADE**

### Ingredients:

Vada flour - 2 cups

Salt - as per taste

Red chilli powder -as per taste

# **Recipe Method**

- 1. Mix all the ingredients in a bowl.
- 2. Add hot boilling water gradually and knead a stiff dough.
- 3. Cover and rest the dough for 10 mins.
- 4. Grease your palms with oil. Take a small portion of the dough and flatten it with the help of your plams and fingers.
- 5. Deep fry the prepared vadas in oil.

Tip: Serve with non-veg curries.





# UPWAS BHAJANI



This flour is obtained by grinding a mixture of healthy and nutritious millets, spices, etc. Upwas Bhajani the word itself indicates that you can consume this flour during your fast. It has ingredients that will keep you full and will give you energy along with taste.

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#### **Health Benefits**

- $\cdot {\sf Good\, source\, of\, protein}$
- Helps to maintain cholesterol levels
- $\cdot \textbf{Rich source of iron}$
- · Has lower glycemic index
- Contains antioxidantsReduces risk of cancer
- · Helps detoxify your body

# **UPWAS PARATHA**

### Ingredients:

Upwas Bhajani - 500 gm Crushed Peanuts - 1/4<sup>th</sup> cup Chopped Coriander Leaves - 2 tbsp Ghee / Oil for Roasting

# **Recipe Method**

- In a bowl add upwas bhajani, crushed peanuts, and coriander.
- Mix well and knead to form a dough while gradually adding water to it.



- 3. Divide the kneaded dough into 7-8 small portions.
- 4. Apply some ghee / oil to grease the pan and spread the dough portion with hand to form a thin round.
- Cover with lid and roast from both the sides till cooked and turns golden in colour.

Tip: Serve with Butter, Curd, Coconut Chutney, etc.

# THALIPITH FLOUR •



It is a traditional recipe which is fulfilling and tasty. It is prepared using multigrain flour which is obtained by mixing variety of grains, pulses and spices. It is very healthy and a great option for breakfast.

#### **Health Benefits**

- Good source of protein
- · Aids digestion
- $\cdot \, \mathsf{Good} \, \mathsf{for} \, \mathsf{diabetes} \,$
- Boostsimmunity
- Has low glycemic index

# **THALIPITH**

### Ingredients:

Oil for roasting

Thalipith bhajani - 500 g

Finely chopped onions - 4 nos.

Chopped coriander leaves - 2tbsp

Salt - as per taste

Red chilli powder - as per taste

### **Recipe Method**

- In a bowl add thalipith bhajani, onions, salt, red chilli powder and coriander.
- Mix well and knead to form
   a dough while gradually
   adding water to it.



- 3. Divide the kneaded dough into 8-9 small portions.
- 4. Apply some ghee / oil to grease the pan and spread the dough portion with hand to form a thin round.
- Cover with lid and roast from both the sides till cooked and turns golden brown in colour.

Tip: Serve with Butter, Curd, Pickle, Coconut Chutney, etc.

# MAKKAI FLOUR • Makkai Aata



It is also known as corn meal, which is a coarse flour ground from dried corn and is yellowish in colour. It does not contain gluten and is a great source of iron and phosphorus along with other nutrients. Use it in your breads, snacks, desserts, etc.

### **Health Benefits**

- · Boosts energy
- Helps to maintain good vision
- Provides fibre

niacin

- and skin Has low glycemic index
- · Rich in vitamin B, B1, B3 and
- Helpful during pregnancy
- · Rich in antioxidants

# **MAKKAI DOSA**

#### Ingredients:

Makkai flour - 1 cup

Rice flour - 1/4th cup

Cumin seeds - 1tsp

Salt - as per taste

Red chilli powder - 1 tsp

Coriander seeds powder - 1/2 tsp

Ginger & garlic paste - 1tbsp

Turmeric - 1/4<sup>th</sup> tsp

Chopped coriander - 1tbsp

Oil as required

# **Recipe Method**

- 1. Mix all the ingredients in a bowl.
- 2. Add water gradually to form a very thin and runny, lump free batter.
- 3. Heat a non stick pan and grease it with oil.
- 4. Pour the prepared batter.
- 5. Let it cook from both the sides.

Tip: Serve with Chutney.

# MULTIGRAIN FLOUR • Multigrain Aata





This multigrain flour is obtained by grinding a mixture of variety of grains, pulses, millets, oats, etc. It is a powerhouse of nutrients and can be used in various dishes. You can make rotis. breads, healthy laddoos, dosas, etc.

### **Health Benefits**

- Excellent source of iron
- Helps lower cholesterol
- · Rich in vitamin B
- Provides you with protein
- Improves metabolism
- $\cdot \, \mathsf{Good} \, \mathsf{for} \, \mathsf{heart} \, \mathsf{health} \,$
- · Boosts immunity
- Helps improve digestion
- · Helps control blood sugar levels

### **MULTIGRAIN CHEELA**

### Ingredients:

Multigrain flour - 1.5 cup

Semolina - 2 tbsp

Rice flour - 3 tbsp

Curd - 1/2 Cup

Salt - as per taste

Baking soda - 1/2 tsp

Finely chopped veggies - of your

choice

Red chilli powder - 1/2 tsp

Turmeric powder - 1/4th tsp

Oil as required

# **Recipe Method**

- 1. Mix all the ingredients in a bowl.
- 2. Add water gradually and mix to form a lump-free batter. (Similar to dosa batter in consistency)
- 3. Heat a pan and grease with oil.
- 4. Add a laddle full of prepared mixture and spread it.
- 5. Cook from both the sides.

Tip: Serve with Chutney or Curd.





# REFINED WHEAT FLOUR Maida



It is also commonly known as all-purpose flour. It is the finest variety of wheat flour which is obtained from the white starchy part of the wheat grains. It's bright white in colour. Very commonly used in variety of breads, pizza, cakes, snacks, desserts, etc.

#### **Health Benefits**

- · High in carbohydrates
- · Stimulates hunger

# **CINNAMON PANCAKES**

#### Ingredients:

Refined wheat flour - 2 cups
Baking powder - 2tsp

Cinnamon powder - 1tsp

Vanilla essence - 1tsp

Milk - 1 cup Oil - 1 tsp

Water - 4 tbsp

Melted butter - 1tbsp

# **Recipe Method**

- Sift all the dry ingredients in a bowl.
- Add all the wet ingredients to the sifted dry mixture.
- 3. Whisk everything well and let it sit for 5 minutes.



- 4. Heat a pan, grease it with oil and add pancake mixture to make small pancakes.
- Once small bubbles start appearing on the surface of the pancake, flip it and let it cook from other side.

Tip: Top your pancakes with honey, maple syrup, chocolate, fruits, etc.

# MULTIGRAIN BHAKARI FLOUR .

Multigrain Bhakari Aata



This multigrain flour is obtained by grinding a mixture of variety of grains, pulses, millets, oats, etc. It is a powerhouse of nutrients and can be used in various dishes. You can make rotis, breads, healthy laddoos, dosas, etc.

### **Health Benefits**

- $\cdot \, \mathsf{Good} \, \mathsf{source} \, \mathsf{of} \, \mathsf{fibre} \,$
- $\cdot Improves \, digestion$
- · Lowers cholestrollevels
- · Helps in weight loss
- · Improves bone health
- Improves body matabolism
- Good for diabetes
- Improves blood circulation

### **MULTIGRAIN BHAKARI**

### Ingredients:

Multigrain Bhakari Flour - 500 g Salt - as per taste

# **Recipe Method**

- In a bowl take Multigrain Bhakari Flour and add salt to it.
- 2. Knead the dough while gradually adding water to it.



- 3. Divide the dough into 8-10 small portions.
- Spread the dough to form a thin round using your palms. Use some dry flour for dusting.
- 5. Heat a pan and roast the bhakari from both the sides till half done.
- Roast the half cooked bhakari on direct flame (keep flipping) till it puffs and is cooked.

Tip: Serve Hot with Dal or Sabji.

# SOYABEAN FLOUR Soyaben Aata



Soyabean flour is obtained by grinding roasted soy beans. It is a great source of nutrients and provides a very good amount of protein. It has a slight nutty flavour. Use it in your breads, wraps, pancakes, cookies, etc.

# **Health Benefits**

- · High in protein
- · Improves bone health
- · Good source of fibre
- · Lower in fat
- · Helpstoreducetherisk heart · Helpstoimprove blood
- disease and breast cancer circulation

# SOYABEAN AND BOTTLE GOURD PANCAKES

### Ingredients:

Grated bottle gourd - 1 cup Soyabean flour - 1/2 cup

Semolina - 1/2 cup

Ginger & garlic paste - 1 tbsp

Chopped coriander - 1/4th cup

Curd - 2tbsp

Salt - as per taste

Oil for roasting

# **Recipe Method**

- 1. Mix all the ingredients in a bowl.
- 2. Gradually add water and mix to form a thick lump free batter (Thicker than dosa batter).
- 3. Heat and pan and grease with oil, add the mixture to it and make small pancakes.
- 4. Let it cook from both the sides.

Tip: Serve with ketchup or chutney

# GREEN GRAM LENTIL FLOUR





This Green gram lentil flour also known as Moong Dalka Aata is obtained by grinding best quality green gram lentils. It is a great source of nutrients and is easy to use. Use it to make desserts, healthyladdoos, pancakes, etc.

## **Health Benefits**

- Packed with healthy nutrients
- Helps in weight loss
- · Contains antioxidants
- Good for skin and eyes
- Reduces blood pressure
- · Good source of magnesium

# **MOONGLET**

### Ingredients:

Green gram lentil flour - 1 Cup Chopped veggies of your choice Salt as per taste Butter - 1tbsp Red chilli powder - 1tsp

Turmeric - 1/4<sup>th</sup> tsp Ginger & garlic paste - 1 tbsp

Eno - 1tsp

# **Recipe Method**

- 1. Mix the flour and veggies in a bowl.
- 2. Add water gradually and mix to form a thick lump-free batter.
- 3. Just before adding the mixture to the pan add eno to it and mix vigorously.
- 3. Heat a pan add butter to it. Now add a thick layer of the mixture and let it cook from both the sides.

Tip: Serve with chutney or ketchup.



# HORSE GRAM FLOUR Kulith Pith



Powerpacked with protein, this light brown coloured flour is obtained by grinding horse gram lentil. It is small - oval in shape and is greenish brown to reddish brown in colour. It is also an excellent source of fibre, iron, calcium, minerals and antioxidants. Use it to make curries, salads, veggies, etc.

### **Health Benefits**

 $\cdot {\tt Good \, source \, of \, anitioxidants \, \cdot Lowers \, cholestrol}$ 

Provides fibreHelps in weight loss

• Enhances bone health • Richin oxalic acid, potassium

· Good for kidney health and iron

# **POWERPACKED LADDOOS**

### Ingredients:

Horse gram flour - 1 cup

Jaggery - 1 cup

Cardamom powder - 1 tsp

Ghee - 2 tbsp

Raisins - 2 tbsp

Chopped almonds - 2 tbsp

### **Recipe Method**

- 1. Dry roast the flour on low flame for 2 mins.
- 2. Blend all the ingredients in a blender till well combined.
- Heat a pan and add ghee to it. Roast the blended mixture in ghee for 2 to 3 mins.
- 4. Make laddoos.

Tip: Store it in an airtight container in the refrigerator.

# **CORN FLOUR**



This flour is white in colour and is obtained by grinding dried corn kernels. This flour has a very fine texture. It helps provide structure to various recipes. It gives a slight earthy and mild sweet flavour on cooking. Use it in your breads, soups, fried foods, batters, cakes, pancakes, etc.

# **Health Benefits**

- · Gluten free
- · Does not contain fat

### **CRISPY FRITTERS**

#### Ingredients:

Corn flour - 1 cup

Rice flour - 1/2 cup

Chopped onion - 1 cup

Chopped capsicum - 1/2 cup

Chopped carrot - 1 cup

Green chillies - as per taste

Salt - as per taste

Baking soda - 1/2 tsp

Red chilli powder - as per taste

Ginger & garlic paste - 1 tbsp

Coriander leaves - 2 tbsp

Curd - 2 tbsp

Oil - for frying

# Recipe Method

- Mix all the ingredients in a bowl.
- Add water gradually and mix to from a thick lump free batter (similar to pakoda batter).
- Heat oil for frying and add small portions of the mixture to the oil.
- 4. Fry till cooked and crispy.



Tip: Serve with ketchup or chutney.



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