

Organic Oigins

From the fields of Sahyog's very own Kinsu and Dugadda, two small yet enterprising villages in Uttarakhand, we bring to you organic madua atta. Grown with natural fertilizers, untouched by chemicals, ground with environmentally friendly humble watermills, this madua is guaranteed to give you the most delicious and wholesome food.

Health Benefits

- 🌾 Reduces obesity.
- 🌾 Controls blood pressure.
- 🌾 Reduces constipation and facilitates digestion.
- 🌾 Helps recover from cold and healing throat pain.
- 🌾 Nourishes skin, reduces scars and erases spots.

Panjeeri

Ingredients:

- 0.5 kg madua
- 100 grams ghee
- 3-4 cardamoms
- 1 cup granulated sugar
- Dry fruits (optional)

Procedure:

- Mix the madua and the ghee together.
- Place it on the gas and heat it till it turns pink.
- Allow it to cool and add the granulated sugar and cardamom.
- Dry fruits can also be added (optional).

Marketed by



Net wt. 1kg

Madua Dosa

Ingredients:

- 1 cup millet flour
- ½ cup dried coconut
- ½ cup curd
- Oil, ghee, salt and water as required

Procedure:

- Take the ragi flour or sprouted ragi flour in a bowl or pan. Add the dried coconut, curd and salt and finally, water; mix well.
- The batter should be slightly thin than a regular dosa batter. Keep it covered for 30 minutes. On a medium hot tava or griddle, pour the batter with a help of a ladle and spread it slowly.
- Spread some oil/butter/ghee on top. Flip and cook the other side normally.
- Serve the millet dosa with any vegetable dish, sambar, dal or any chutney.