

HEALTH BENEFITS OF JAGGERY



- Jaggery is a traditional, unrefined sweetener made from sugarcane juice . It works as delicious natural sweetener in daily cooking. Authentically made jaggery is rich in minerals like iron, magnesium, calcium, and phosphorus. Since it comes directly from sugarcane juice which is not put through refinement or bleaching, it retains all the original minerals. Jaggery purifies the blood and cleanses the respiratory tract, the lungs, and also the digestive tract. By eliminating toxins from the body, jaggery also serves as a general immunity booster. It prevents constipation by aiding digestion. It activates the digestive enzymes in our body, thus helps in proper digestion of food. That's why many people prefer eating jaggery after a meal.



- Pure and authentic Jaggery Powder with Real Taste & Aroma – No added sugar, color, flavor, or preservatives. Jaggery Powder is high in magnesium, potassium, and iron and provides the natural benefits of minerals and vitamins. Jaggery Powder is good for throat and lung infections, cough, indigestion, and constipation.



- Jaggery is unrefined and chemical free and prepared from sugarcane. It works as delicious natural sweetener in daily cooking. Authentically made jaggery is rich in minerals like iron, magnesium, calcium, and phosphorus. Since it comes directly from sugarcane juice which is not put through refinement or bleaching, it retains all the original minerals. Jaggery purifies the blood and cleanses the respiratory tract, the lungs, and also the digestive tract. By eliminating toxins from the body, jaggery also serves as a means to improve general immunity. It prevents constipation by aiding digestion. It activates the digestive enzymes in our body, thus helps in proper digestion of food. That's why many people prefer eating jaggery after a meal.



- Syrup made from natural cane sugar
- Jaggery syrup is a delicious condiment to have at home. It's a natural sweetener. It tastes great when poured over pancakes, french toast or even with idli and dosa. Seasonal fruit can be cooked along with jaggery syrup to make a sticky fruit compote. Jaggery syrup is perfect for mixing into that hot cup of tea, it lends such a depth of flavor to your favorite beverage. A warm jaggery syrup is so comforting to drizzle over a bowl of homemade ice cream. Nuts and jaggery are a finger licking combo too.

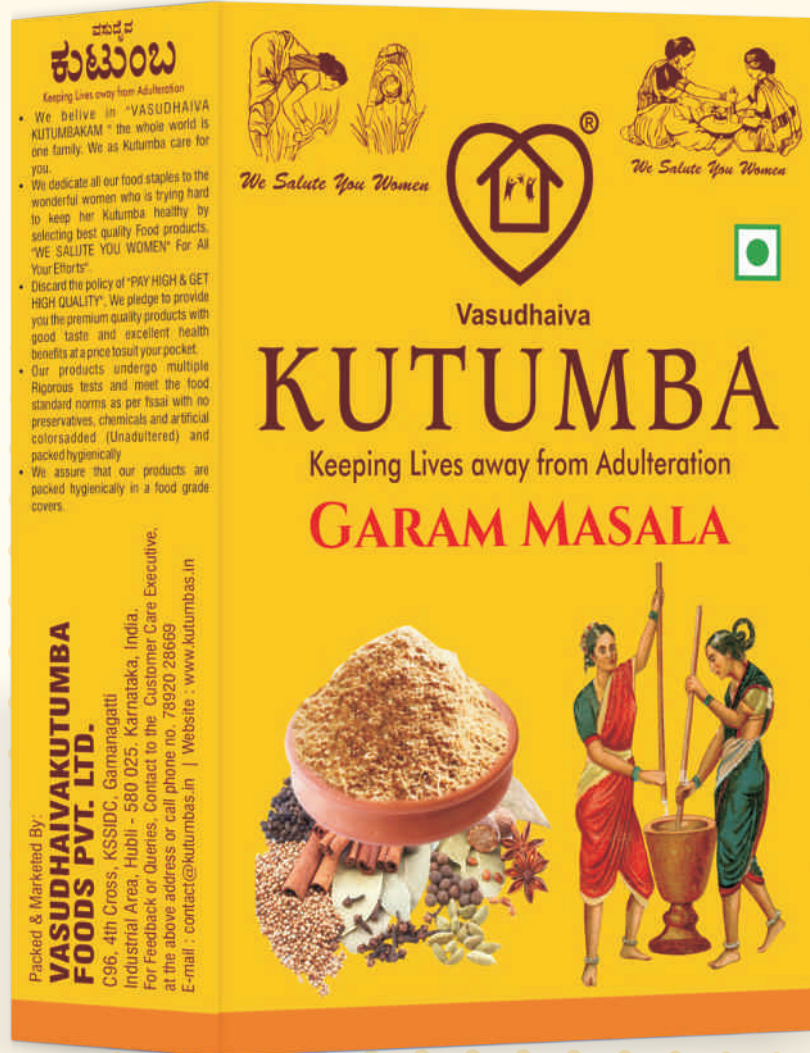


MIXED FRUIT JAM WITH JAGGERY 100G

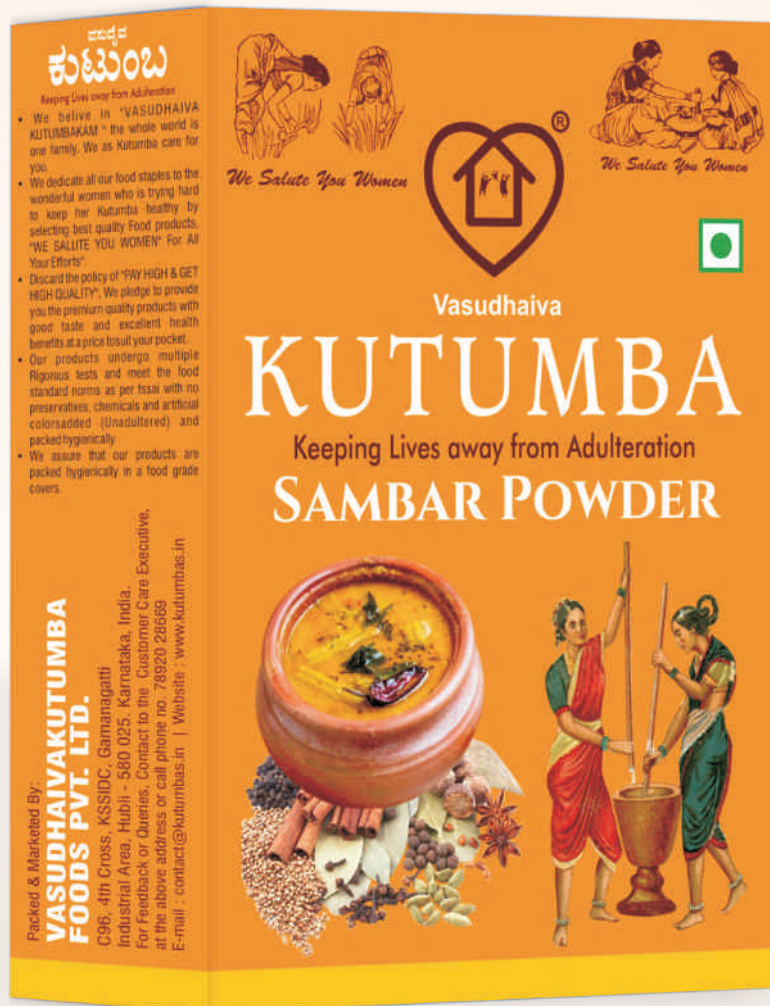
Kutumba's Mixed Fruit Jam is made with 80% fruit pulp and sweetened with authentic Jaggery. This delightful Jam is sure to amp up a boring looking breakfast and urge you to empty the plate.

INGREDIENTS: Apple Pulp, Papaya Pulp, Pineapple Pulp, orange, pomegranate, Jaggery, Fruit pectin and seasonal fruits.

₹
45/-



- A simple homemade Garam Masala Recipe that can be made in 10 minutes – with ground fragrant spices you already have in your pantry. Easy, healthy and authentic! See notes for toasting whole spices.

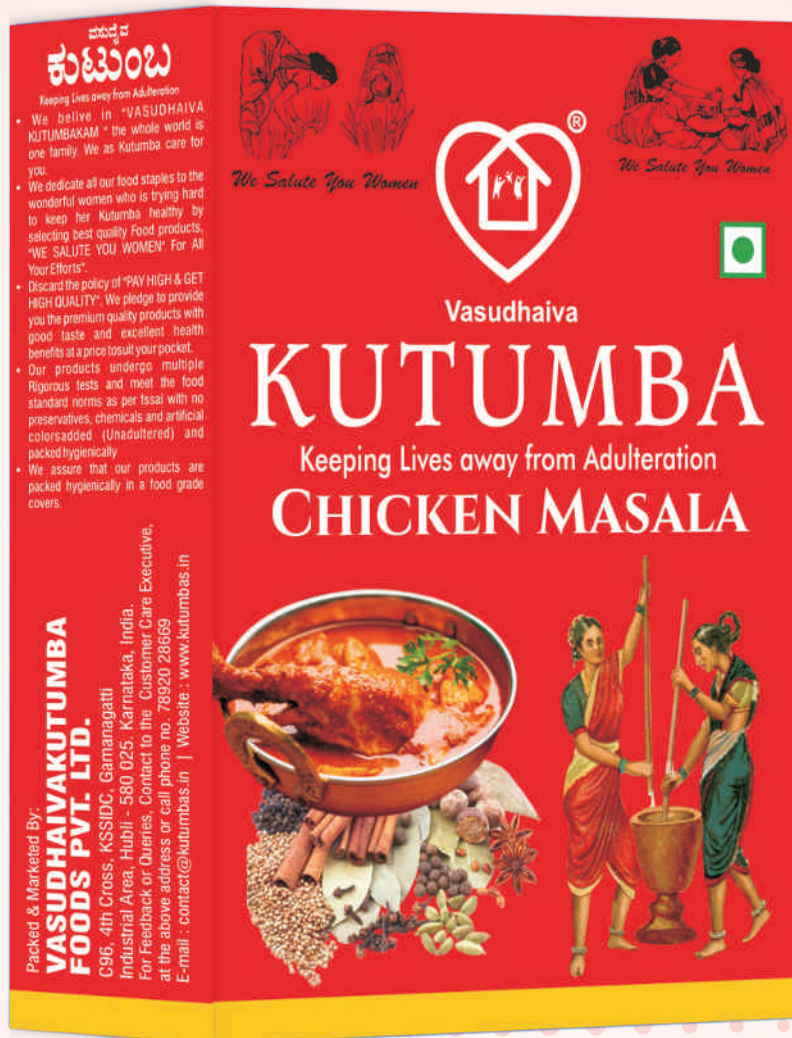


- Making fresh, homemade Sambar Powder or Sambar Masala (also known as Sambar Podi in Tamil language) is a simple task that will yield incredible results. This deeply aromatic dry masala (spice mix) is easy to make at home, and is so much more flavorful than what you would buy at the store!

- This homemade sambar masala powder can be used in a variety of different dishes. You can also perk up vegetable stir fries or sautéed vegetables, by adding this sambar podi. It will give the dish a complex taste and flavor.

If you plan to add this spice mix to make sambar, here are a few of my favorites:

- Tomato Sambar
- Mullangi Sambar (Made with white radish)
- Onion Sambar
- Sambar Rice
- Drumstick Sambar (Made with Moringa Pods)



- This flavorful, aromatic homemade masala can be used for mutton and chicken both non veg dishes. This Chicken Masala enhances the taste of the curries and it taste delicious, moderately spicy and flavorful.

This is a Vegetarian product

- Sunrise Chicken Curry Masala is a simple but elegant combination of Chilli, Coriander, Garlic, Cumin, Ginger, Turmeric and Dehydrated onion with the added aroma of Cardamom, Cinnamon, and Clove in an appropriate proportion that brings out the delicious taste of rich chicken kasha/curry.
- A sprinkle of this can have you a delectable serving of no-worry chicken curry. Apart from this Sunrise Chicken Curry Masala can also be mixed with yoghurt to prepare a marination or can directly be used to prepare a curry.