



ADHI BOJYA

POPPED MILLET POWDER



The best millet powder is "ADHI BOJYA" hand-made popped millet powder, which aids in simple digestion. The millet powder provide numerous health advantages.

Prepared using a traditional technique. The nine millets and unpolished rice are used to make the homemade popped millet powder.





All you need to do
to prepare your breakfast
combine 3 table spoons of

The "ADHI BOJYA"
popped millet powder
with 300ml of buttermilk

or

2 tea spoons of millet powder with hot
milk.





Why only ADHI BOJYA ?





Ingredients:

**Finger millet, Pearl Miller,
Sorghum,
Foxtail millet, Little Millet,
Browntop Millet, Proso Millet,
Kodo Millet, Barnyard Millet,
Brown Rice &
Natural Palm jaggery.**



BENEFITS

Strengthens Immunity.
Helps in weight loss.
Diabetic Friendly.
Anti-Ageing.
Strengthens Bones & Teeth.
Helps in reducing blood cholesterol.
Good for Digestion.
Reduces Constipation.
Rich in Antioxidants.
Maintains Hormonal imbalance
{Good for PCOD, PCOS, Thyroid}.
Relives Stress, anxiety and depression.
Rich in vitamins, minerals and micro nutrients.
Beats Fatigue.
Improves Heart health.
Treats respiratory conditions, like asthma.
Aids healthy pregnancy.



We have two variants in Adhi Bojya

1. Adhi Bojya:

A powdered form of popped millet that is flavourless, taste-improving, and high in protein, vitamins A and B

2. Adhi Bojya +:

A sweet-tasting, rich in vitamins and minerals, powdered version of popped millet that is fueled with palm jaggery.



Nutritional values:



Nutritional Value	ADHI BOJYA	ADHI BOJYA +
Energy	384 Kcal	403Kcal
Fat	3.21 grams	5.64 grams
Carbohydrate	76.01 grams	80.61 grams
Dietary fibre	4.57 grams	4.57 grams
Protein	10.53 grams	7.63 grams
Calcium	110.9 mg	319.48 mg
Iron	6.9 mg	46.36 mg
Phosphorous	269.75 mg	213.42 mg
sodium	NA	252.67 mg
magnesium	NA	126.37 mg
potassium	NA	422.29 mg
Zinc	NA	2.228 mg
selenium	NA	1.381 mg
VitaminC	NA	43.33 mg
vitamin A	5.8 mg	NA
Vitamin B1	0.54 mg	NA
Vitamin B2	0.16 mg	NA
Vitamin B3	2.6 mg	NA

PRICE STRUCTURE



Adhi Bojya : Rs 707 / 500 gms

Adhi Bojya(+) : Rs 950 / 500 gms

Adhi Bojya :Butter Milk

Adhi Bojya(+):Milk

Note: Northern states are subject to shipping costs.



FOR MORE DETAILS:

Sai giridhar.Vanam

88804-06660

vanamsaigiridhar@gmail.com

