



Earthspired

# BE HEALTH INSPIRED BE EARTHSPIRED

Multigrain Millet and Amaranth Based  
Products For Your Good Health.



Environment  
Friendly



Socially  
Relevant



Healthy



EARTHY IS HEALTHY

# CONTENTS

---

MORE MILLETS, MORE HEALTH 3

## EARTHSPIRED PRODUCT RANGE

---

### **Multigrain Flours**

- Multigrain High Protein Flour 5
- Northern Spice Flour 6
- Southern Spice Flour 7
- Gluten Free Flour 8
- Gluten Free High Protein Flour 9
- Special Unrefined Multigrain Flour 10

### **Gluten Free Multigrain Cookies**

- Coconut Crunch 12
- Choco-Chip Crunch 13
- Honey Almond Crunch 14
- Coffee Crunch 15
- Amaranth Sweet Crunch 16
- Amaranth Sweet & Salty Crunch 17

### **Ready to Eat Snacks**

- Puffed Amaranth Delight (Lite Sweet) 19
- Puffed Amaranth Savoury Snack 20

### **Quick Cook n' Serve Meal/Snacks**

- Millet Khichdi 22
- Millet Upma 23

### **Assortments**

- Multigrain Assorted Cookies Pack 25



# More Millets, More Health

Earthspired represents a "healthy", "wholesome" and "straight from rural India" business. Through "Earthspired" (Inspired by the Earth), Mrida seeks to develop markets for natural and healthy food products, empowering small and marginal farmers and providing livelihood opportunities for women, ensuring income security and thereby facilitating sustainable growth. We believe food is to be enjoyed, the way it has been introduced by nature. We bring in traditional wisdom with taste and health. Presenting, natural food for your soul "Earthy is Healthy".

The fast-paced modern living has made us accustomed to more refined, white staples and thus restricted our choices to polished, cereals - not necessarily the healthiest options. The dietary habits and modern living also brings lifestyle related disorders such as hypertension, diabetes, coronary heart diseases. Understanding the need for natural and healthy food choices without preservatives, a range has been developed of multigrain mixes made of "ancient grains" to provide more nutritious, healthy and tasty blends in form of flours, cookies and snack mixes.

MORE MILLETS MORE HEALTH is thus, an endeavour to bring "wonder seeds" to the food plate and has been a journey involving a rightful mix of ingredients providing balanced nutrition along with careful selection, responsible sourcing, handling and processing for a healthier tasty range. Ease of preparation and use, and painstaking sensory evaluations to ensure that good health also means good taste, are some of the other qualities that Mrida seeks to bring to consumer's kitchens, tables and plates through Earthspired.





# EARTHSPIRED MULTIGRAIN FLOURS

More Millets More Health

Dietary Fibre & Protein  
Made from Natural Ingredients  
Pesticide free  
No Preservatives

Special Unrefined  
Multi-grain Flour

Earthy is Healthy

Net Wt. 1kg

# MULTIGRAIN HIGH PROTEIN

Multigrain Flour



**Ingredients:** Whole Wheat flour (40%), Foxtail millet and Amaranth flour mix (35%), Defatted Soya flour (25%)

Available in  
**1 kg**  
pack size  
MRP: ₹ 250/-

## Goodness of 4 Grains

- "Complete Proteins" for your active lifestyle
- Healthy multigrains with 35% millets
- Has calcium to take care of your bone health strengthen your muscles
- Rich source of dietary fibre for a healthy heart
- Good source of B-complex vitamins
- High satiety value limits portion size
- A must during workout routines to keep you healthy and active

- **Made from Natural Ingredients**
- **Pesticide Free**
- **No Preservatives**

This flour is a special blend for your pre and post workout meals with a healthy combination of complex carbohydrates and proteins. Two chappatis of Multigrains High Protein Flour in a meal will provide approximately 25% more proteins, 85% more dietary fibre, 20% more iron and 60% more calcium than the whole wheat flour chappatis. Thus, when consumed in three meals- breakfast, lunch and dinner it will meet appx. 50% of your RDA for proteins (2000 kcal diet).

**Directions for Use:** Make a soft dough with water. Let it rest for 15-20 minutes before rolling into chappatis or paranthas. It is natural to have little rough edges because of more millets.



**Make Healthy Yummy Pancakes, Wraps, Pizza & Flat breads**

**Allergen:** The flour contains Gluten and Soy.

**Storage:** Keep in a cool and dry place. Once opened, store in an air tight container.

### Nutrition value per 100g of product\*

Energy (Kcal)	368
Protein (g)	23.5
Fat (g)	2.7
Minerals (g)	3.1
Carbohydrates (g)	62.4
Sugar (g)	2.4
Dietary fibre (g)	11.8
Calcium (mg)	118.93
Iron (mg)	6.03
Magnesium (mg)	37.98
Phosphorus (mg)	597.92

\*Approx. value

**Shelf Life:** 6 months

Available in Institutional packs of 2Kgs & 5kgs

## Multigrain Flour

### Goodness of 6 Grains

- Multigrain with 42% millets
- A light spiced blend with North Indian spices
- Rich in dietary fibre and phytonutrients and with mesmerising flavours of kasuri methi and garlic
- High satiety value limits portion size
- Ideal to make soft missi rotis, paranthas or cheelas.
- A healthy breakfast meal

- **Made from Natural Ingredients**
- **Pesticide Free**
- **No Preservatives**

This lightly spiced flour is a combination of traditional millet grains with whole wheat and Bengal gram, delicately seasoned with North Indian Spices.

This flour makes up an excellent meal, which is not only nutritious but also tasty. Enjoy flavors from north of India in every bite.

**Directions for Use:** Use this flavored nutritious blend to make exciting breakfast. No need to add any other flour. Make a soft dough to prepare appetising "missi rotis"/ paranthas. The missi rotis can be best served with pickles or green chutney.



**Make Healthy Yummy Cheelas, Dhoklas & Steamed Idlis**

**Allergen:** The flour contains Soy

**Storage:** Keep in a cool and dry place. Once opened, store in an air tight container.

Available in Institutional packs of 2kgs & 5kgs

## NORTHERN SPICE FLOUR



Available in  
**1 kg**  
pack size  
MRP: ₹ 230/-

**Ingredients:** Millet mix (Sorghum, Pearl and Finger millet) (42%), Whole wheat flour (40%), Bengal gram flour & Defatted soya flour (15%), Herbs and spices (Dried Fenugreek leaves, Turmeric, Carom seeds, Garlic, Salt)

### Nutrition value per 100g of product\*

Energy (Kcal)	365
Protein (g)	14.3
Fat (g)	2.6
Minerals (g)	3.6
Carbohydrates (g)	70.9
Sugar (g)	2.1
Dietary fibre (g)	12.1
Calcium (mg)	76.86
Iron (mg)	2.68
Magnesium (mg)	34.86
Phosphorus (mg)	495.37

\*Approx. value

**Shelf Life:** 6 months

# SOUTHERN SPICE FLOUR

## Multigrain Flour



**Ingredients:** Whole Wheat flour (50%), Millet flour (Sorghum, Finger and Foxtail) (40%) and Pulse flour (6%), Coconut powder, Herbs and Spices (Curry leaves, Mustard seeds, Salt)

Available in  
**1 kg**  
pack size  
MRP: ₹ 230/-

### Goodness of 5 Grains

- Multigrain with 40% millets
- A light spiced blend with South Indian spices
- Rich in dietary fibre and phytonutrients
- With mesmerising flavours of coconut, curry leaves and mustard seeds
- High satiety value limits portion size
- Makes delicious South Indian uttapams
- A tasty snack option

- **Made from Natural Ingredients**
- **Pesticide Free**
- **No Preservatives**

This lightly spiced flour is a combination of traditional millet grains with whole wheat, delicately seasoned with South Indian Spices. This flour makes for an excellent breakfast which is not only nutritious but also tasty. Enjoy flavors from South of India in every bite.

**Directions for Use:** Use this flavored nutritious blend to make exciting breakfast uttapams/chappatis. For Uttapams make a smooth batter with water. Let it stand for 10-15 min and then pour on hot tawa to make delicious uttapams. Garnish with chopped onion, tomatoes, and chillies for exotic taste. Uttapams can be best served with coconut chutney.



**Make Healthy Yummy Uttapams, Dosas & Idlis.**

**Allergen:** The flour contains Gluten.

**Storage:** Keep in a cool and dry place. Once opened, store in an air tight container.

#### Nutrition value per 100g of product\*

Energy (Kcal)	369
Protein (g)	12.3
Fat (g)	3.0
Minerals (g)	2.8
Carbohydrates (g)	73.2
Sugar (g)	1.5
Dietary fibre (g)	10.9
Calcium (mg)	97.21
Iron (mg)	2.95
Magnesium (mg)	35.23
Phosphorus (mg)	286.97

\*Approx. value

**Shelf Life:** 6 months

Available in Institutional packs of 2kgs & 5kgs

## Multigrain Flour

### Goodness of 7 Grains

- A nutritious multigrain flour with 52% millet
- Rich in essential minerals to keep you healthy
- Provides high satiety value
- Nutritionally balanced for taste and health
- Easy to make soft chappatis/poories

- **Made from Natural Ingredients**
- **Pesticide Free**
- **No Preservatives**

Unlike the regular gluten free blends which are more starch based and miss out on key nutrients, this flour from traditional millet has been developed to provide you with all essential nutrients. Makes soft chappatis which add significant nutritive value to your everyday meals.

**Directions for use :** Make a soft dough with lukewarm water. Let it rest for 15-20 minutes before rolling out into chappatis /paranths. If rolling poses much difficulty/or for making chappatis more soft (to be kept softer for longer duration) the mix can be made into batter with little more water and prepared as cheela on a non stick tawa (Best for tiffins).The healthy chappatis are best served with curries, vegetables, gravies



**Make Healthy Yummy Cheelas, Pancakes, Cakes & Flat breads.**

**Allergen:** The flour contains Soy

**Storage:** Keep in a cool and dry place. Once opened, store in an air tight container.

8

Available in Institutional packs of 2kgs & 5kgs

## GLUTEN FREE FLOUR



Available in  
**1kg**  
pack size  
MRP: ₹330/-

**Ingredients:** Millets (Sorghum, Little, Finger) and Amaranth flour mix (52%), Potato and Rice flour mix (20%), Defatted Soya flour (15%), Tapioca starch (10%), Edible gum.

### Nutrition value per 100g of product\*

Energy (Kcal)	367
Protein (g)	12.5
Carbohydrates (g)	74.2
Sugar (g)	1.6
Fat (g)	2.2
Dietary fibre(g)	10.86
Minerals (g)	2.1
Calcium (mg)	96.68
Iron (mg)	5.56
Magnesium (mg)	35.95
Phosphorus (mg)	412.49

\*Approx. value

**Shelf Life:** 6 months



# GLUTEN FREE HIGH PROTEIN FLOUR

Multigrain Flour



**Ingredients:** Foxtail millet and Amaranth flour mix (42%), Potato and Tapioca starch (25%), Defatted Soya flour (20%), Pulse flour (10%), Edible gum.

Available in  
1 kg  
pack size  
MRP: ₹360/-

## Goodness of 5 Grains

- Gluten free multigrain flour with 42% millets & amaranth
- Rich in protein, iron & dietary fibre
- Takes care of your muscles and strengthens your bones
- Provides high satiety value
- Nutritionally balanced for taste and health
- Easy to make soft chappatis/poories

- **Made from Natural Ingredients**
- **Pesticide Free**
- **No Preservatives**

This gluten free protein rich millet flour is beneficial for children and young to support their healthy growth. This flour contains approximately 50% more protein than other varieties, taking care of your increased requirements for a more active life.

**Direction for use :** Make a soft dough with lukewarm water. Let it rest for 15-20 minutes before rolling out into chappatis /paranths. If rolling poses much difficulty/or for making chappatis more soft (to be kept softer for longer duration) the mix can be made into batter with little more water and prepared as cheela on a non stick tawa ( Best for tiffins). The healthy chappatis are best served with curries, vegetables, gravies.



**Make Healthy Yummy Pancakes, Wraps, Cakes & Flat breads.**

**Allergen:** The flour contains Soy

**Storage:** Keep in a cool and dry place. Once opened, store in an air tight container.

### Nutrition value per 100g of product\*

Energy (Kcal)	366
Protein (g)	18.3
Fat (g)	2.2
Minerals (g)	2.5
Carbohydrates (g)	68.4
Sugar (g)	1.5
Dietary fibre (g)	11.48
Calcium (mg)	91.77
Iron (mg)	7.20
Magnesium (mg)	36.98
Phosphorus (mg)	476.95

\*Approx. value

**Shelf Life:** 6 months

Available in Institutional packs of 2kgs & 5kgs

## Multigrain Flour

# SPECIAL UNREFINED MULTI-GRAIN FLOUR

### Goodness of 7 Grains

- Has low glycemic ingredients & contains Fenugreek and Flax seed
- Multi-grain high fiber flour with only 30% whole wheat flour
- Rich in protein and dietary fibre
- Nutritionally balanced for taste and health
- High satiety value limits portion size

- **Made from Natural Ingredients**
- **Pesticide Free**
- **No Preservatives**

This special unrefined, multigrain flour with a special mix of the goodness of whole grains is made specifically to help control your blood sugar levels. All the ingredients in this flour help in regulating sugar levels and maintains nutrient balance.

**Directions for Use:** Make a soft dough with water. Let it rest for 15-20 minutes before rolling out this nutritious blend into chappatis. The healthy chappatis are best served with curries, vegetables, gravies.



**Make Healthy Yummy Missi Rotis, Steamed and Baked Muthiyas**

**Allergen:** The flour contains Gluten and Soy.

**Storage:** Keep in a cool and dry place. Once opened, store in an air tight container.



Available in  
**1 kg**  
pack size  
MRP: ₹295/-

**Ingredients:** Pulse and Defatted Soya flour (30%), Whole wheat flour (30%), Foxtail and Pearl millets (20%), Red Rice flour (10%), Semolina, Wheat bran, Psyllium husk, Seeds mix.

### Nutrition value per 100g of product\*

Energy (Kcal)	371
Protein (g)	18
Fat (g)	2.8
Minerals (g)	2.3
Carbohydrates (g)	68.5
Sugar (g)	1.5
Dietary fibre (g)	15.8
Calcium (mg)	85.97
Iron (mg)	3.97
Magnesium (mg)	37.35
Phosphorus (mg)	471.64

\*Approx. value

**Shelf Life:** 6 months



**EARTHSPIRED  
MULTIGRAIN COOKIES**

GLUTEN FR

*earthspired*

**Honey Almond Crunch**  
Healthy Multigrain Cookies

Earthy is Healthy

Net Wt. 100g

# COCONUT CRUNCH

## Multigrain Cookies



Available in  
**100g** pack size  
MRP: ₹ 170/-

**Ingredients:** Millets (Sorghum/Jowar, Finger/Ragi) and Amaranth mix (30.20%), Sugar (20%), Butter (18%), Defatted Soya flour (9%), Coconut powder (10%), Rice flour, Milk solids, Potato starch, Raising agents [E500(ii)]

### Nutrition value per serving\*

Serving size 2 cookies (25g)

Energy (Kcal)	111
Carbohydrates (g)	13
Total Sugar (g)	5
Protein (g)	2
Fat (g)	4.8
• Saturated Fats (%)	3.9
• Trans Fat (%)	0.07
Dietary Fibre (g)	2
Calcium (mg)	14
Iron (mg)	1

\*Approx. value

- Multigrain crunchy cookies
- Gluten Free
- Eggless
- Made without wheat/refined flour
- High fibre snack
- This crunchy snack provides energy, dietary fibre and essential nutrients
- Excellent pre and post workout snack

Rich in nutrients and fibre, these cookies make a healthy snacking option and maintains bowel health. Enjoy good health with the mild flavor of coconut



**Recommended Portion Size:** 2 cookies

**Allergen:** The product contains soy

**Storage:** Keep in a cool and dry place and air tight container

**12 Shelf Life:** 7 months

Available in Institutional packs of 1kg & 2kgs

## Multigrain Cookies

- Multigrain crunchy cookies
- Gluten Free
- Eggless
- With almonds and honey
- High fibre snack
- More millets without wheat/refined flour
- This crunchy snack provides energy, dietary fibre and essential nutrients
- Excellent pre and post workout snack

An exotic fusion of millets with honey and almonds. Every drop of honey energizes the body, boosts immunity and provides a refreshing flavor to the palate. Almonds enrich you with high quality protein and VitaminE. Enjoy the taste of good health.



**Recommended Portion Size:** 2 cookies

**Allergen:** The product contains soy

**Storage:** Keep in a cool and dry place. air tight container

Available in Institutional packs of 1kg & 2kgs

## HONEY ALMOND CRUNCH



Available in  
**100g** pack size  
MRP: ₹180/-

**Ingredients:** Millets (Sorghum/Jowar, Finger/Ragi) and Amaranth mix (30.2%) Sugar and Honey (20%), Butter (18%), Defatted Soya flour (9%), Rice flour, Almonds, Milk solids, Potato starch, Raising agents [E500(iii)]

### Nutrition value per serving\*

Serving size 2 cookies (25g)

Energy (Kcal)	120
Carbohydrates (g)	16.0
Total Sugar (g)	6.8
Protein (g)	2.7
Fat (g)	5
• Saturated Fats (%)	3.8
• Trans Fat (%)	0.07
Dietary Fibre (g)	1.8
Calcium (mg)	13.04
Iron (mg)	1.10

\*Approx. value

**Shelf Life:** 7 months

# COFFEE CRUNCH

## Multigrain Cookies



- Gluten free
- Eggless
- High in iron, calcium and dietary fibre
- High in protein
- More millets without wheat/refined flour
- The crunchy snack pack provides energy and essential nutrients

Enjoy your favourite coffee flavour with millets that provide all essential nutrients to nourish your mind and body and keep hunger at bay.



**Ingredients:** Millet mix (Sorghum/Jowar, Foxtail/Thennai) (39.6%), Sugar (20%) Butter (18%), Rice flour (11%), Chocohips, Milk solids, Potato starch, Coffee powder, Raising agents [E500(ii)]

Available in  
**100g** pack size  
MRP: ₹200/-

### Nutrition value per serving\*

Serving size 2 cookies (25g)

Energy (Kcal)	123
Carbohydrates (g)	16.5
Total Sugar (g)	5.9
Protein (g)	2.6
Fat (g)	4.8
• Saturated Fats (%)	3.6
• Trans Fat (%)	0.05
Dietary Fibre (g)	1.3
Calcium (mg)	13.05
Iron (mg)	0.6

\*Approx. value

**Recommended Portion Size:** 2 cookies

**Allergen:** No allergen .

**Storage:** Keep in a cool and dry place. air tight container

**14 Shelf Life:** 7 months

Available in Institutional packs of 1kg and 2kgs

## Multigrain Cookies

# AMARANTH SWEET & SALTY CRUNCH

- Gluten free
- Eggless
- Made without wheat/refined flour
- High in protein and dietary fibre
- The crunchy snack pack provides energy and essential nutrients
- Excellent pre and post workout snack

Amaranth is known as a wonder seed for its highly digestible protein lysine, which helps absorb calcium, and for its anti-inflammatory healing properties. High in fibre, this healthy snack helps nourish the mind and body. Enjoy the sweet & salt crunchy bites with the mild flavour of cumin.



**Recommended Portion Size:** 2 cookies (25g)

**Allergen:** No allergen.

**Storage:** Keep in a cool and dry place. air tight container

Available in Institutional packs of 1kg and 2kgs



Available in  
**100g** pack size  
MRP: ₹200/-

**Ingredients:** Amaranth and Rice flour mix (48%), Sugar (18%), Butter (20%), Milk solids (6%), Potato starch, Cumin seeds, Salt, Raising agents [E500(iii)]

### Nutrition value per serving\*

Serving size 2 cookies (25g)

Energy (Kcal)	122
Carbohydrates (g)	16.0
Total Sugar (g)	5.0
Protein (g)	2.7
Fat (g)	5.2
• Saturated Fats (%)	3.6
• Trans Fat (%)	0.1
Dietary Fibre (g)	1.1
Calcium (mg)	29.57
Iron (mg)	0.68

\*Approx. value

**Shelf Life:** 7 months

# AMARANTH SWEET CRUNCH

Multigrain Cookies



**Ingredients:** Amaranth and Rice flour mix (48%), Sugar (20%), Butter (20%) Milk solids (6%), Potato starch, Popped amaranth, Raising agents [E500(ii)]

Nutrition value per serving*	
Serving size 2 cookies (25g)	
Energy (Kcal)	123
Carbohydrates (g)	16.3
Total Sugar (g)	5.7
Protein (g)	2.6
Fat (g)	4.8
• Saturated Fats (%)	3.5
• Trans Fat (%)	0.01
Dietary Fibre (g)	1.1
Calcium (mg)	29.79
Iron (mg)	0.77

\*Approx. value

- Gluten free
- Eggless
- Made without wheat/refined flour
- High in protein and dietary fibre
- Enjoy the goodness of amaranth in each bite
- Excellent pre and post workout snack

Amaranth is known as a wonder seed for its highly digestible protein lysine, which helps absorb calcium, and for its anti-inflammatory healing properties. High in fibre, this healthy snack helps nourish mind and body.



**Recommended Portion Size:** 2 cookies

**Allergen:** No allergen.

**Storage:** Keep in a cool and dry place, air tight container

**16 Shelf Life:** 7 months

Available in Institutional packs of 1kg & 2kgs



## Multigrain Cookies

# CHOCO-CHIP CRUNCH

- Gluten free
- Eggless
- Made without wheat/refined flour
- High fibre crunchy snack that provides energy and essential nutrients
- Your favourite chocolate with healthy ingredients
- Excellent pre and post workout snack

Enjoy the smart way to good health with crunchy choco bites. This multigrain millet and amaranth treat makes a perfect health snack with more protein, essential nutrients and fibre.



**Recommended Portion Size:** 2 cookies

**Allergen:** The product contains Soy

**Storage:** Keep in a cool and dry place. air tight container

Available in Institutional packs of 1kg & 2kgs



Available in  
**100g** pack size  
MRP: ₹180/-

**Ingredients:** Millets (Sorghum/Jowar, Finger/Ragi) and Amaranth mix (30.2%) Sugar (20%), Butter (18%), Defatted Soya flour (9%), Choco chips (7%), Rice flour, Milk solids, Potato starch, Cocoa powder, Raising agents (E500(ii))

### Nutrition value per serving\*

Serving size 2 cookies (25g)

Energy (Kcal)	119
Carbohydrates (g)	16
Total Sugar (g)	5
Protein (g)	2
Fat (g)	4.8
• Saturated Fats (%)	3.7
• Trans Fat (%)	0.15
Dietary Fibre (g)	2
Calcium (mg)	15
Iron (mg)	1

\*Approx. value

**Shelf Life:** 7 months

GLUTEN FREE  
100% VEGAN



# EARTHSPIRED PUFFED AMARANTH SNACK MIXES

Puffed Amaranth Savoury  
Ready-to-Eat

Lite Roasted Snack



Earthy is Healthy

Net Wt. 200g

# READY TO EAT PUFFED AMARANTH DELIGHT (LITE SWEET SNACK)

## Puffed Amaranth Snack Mixes



**Ingredients:** Puffed Amaranth (52%), White Sesame seeds (roasted) (29%), Jaggery (18%), Vegetable oil.

Available in  
**200g** pack size  
MRP: ₹120/-

### Nutrition value per 100g of product\*

Energy (Kcal)	416
Protein (g)	16.5
Carbohydrate (g)	52.8
Fat (g)	15.5
• Saturated Fatty acids (%)	2.6
• Polyunsaturated Fatty acids (%)	6.6
• Trans Fat (%)	0
Iron (mg)	11
Calcium (mg)	90.5
Total Dietary Fibre (g)	14.5
Suger (g)	7.7

\*Approx. value

**Shelf Life:** 6 months

- Rich in good quality protein and soluble fibre
- Gluten Free
- 100% vegan
- Rich in protein, iron & dietary fibre
- Rich in antioxidants
- Aids digestive health

- **Trans Fat Free**
- **No Preservatives**

A snack that gives you boost of energy with essential nutrients to suit your modern lifestyle. A delicately sweet treat with complete proteins of amaranth, goodness of calcium and iron from sesame and natural sweetness from jaggery. Enjoy the perfect blend of health and taste.



**Make your daily healthy breakfast cereal by adding 30g of this snack pack, diced nuts, seeds and fruits in hot or cold milk.**

**Allergen information:** This product contains Sesame seeds

**Storage:** Once opened, Store in an air tight container.

Available in Institutional packs of 1kg & 2kgs

## Puffed Amaranth Snack Mixes

# READY TO EAT PUFFED AMARANTH SAVOURY (LITE ROASTED SNACK)

- A low calorie, low salt nutritious treat
- Loaded with good quality proteins and soluble fibre
- 100% Vegan
- Gluten free
- Rich in iron and calcium
- Rich in antioxidants

- **Trans Fat Free**
- **No Preservatives**

A light flavoured savoury snack for that guilt free anytime snacking to suit your modern lifestyle. A perfect blend of taste and health that provides soluble fibre and aids digestive health.



**Make it healthier by adding boiled chickpeas/cottage cheese/finely diced beetroot.**

**Allergen information:** This product contains Peanuts

**Storage:** Once opened, Store in an air tight container.



Available in  
**200g** pack size  
MRP: ₹ 125/-

**Ingredients:** Puffed Amaranth (42%), Rice flakes (29%), Bengal gram (8%), Peanuts (8%), Corn (4%), Vegetable oil, Brown Mustard seeds, Curry leaves, Spices (Salt, Red Chilli powder)

### Nutrition value per 100g of product\*

Energy (Kcal)	418
Protein (g)	14.3
Carbohydrate (g)	64.9
Fat (g)	11.3
• Saturated Fatty acids (%)	2.3
• Polyunsaturated Fatty acids (%)	4.4
• Trans Fat (%)	0
Iron (mg)	12.02
Calcium (mg)	49.68
Total Dietary Fibre (g)	10.5
Sodium (mg)	950

\*Approx. value



**EARTHSPIRED  
QUICK COOK N' SERVE MEAL/SNACKS**



QUICK COOK N' SERVE

Ready to Cook Meal

# MILLET KHICHDI



**Ingredients:** Little millet, Legumes (Green gram, Lentil, Red gram), Whole spices (Cumin, Black pepper, Cloves), Salt, Turmeric, Red chili powder, Vegetable oil.

## Nutrition value per 100g of product\*

Energy (Kcal)	371
Protein (g)	13.5
Carbohydrates (g)	69.2
Fat (g)	4.4
• Saturated Fats (%)	0.5
• Trans Fat (%)	0
Dietary Fibre (g)	15.4
Calcium (mg)	32.7
Iron (mg)	8.74
Sodium (mg)	1201

\*Approx. value

- Gluten Free
- 100% vegan
- Rich in good quality protein, iron and dietary fibre
- Rich in antioxidants
- Aids digestive health

- **Trans Fat Free**
- **No Preservatives**

This special multigrain, gluten free khichdi is a mix of Little millet, Legumes and Spices. High in complex carbohydrates, dietary fibre, Iron and protein, this ready to cook khichdi can be relished as a tasty, nutritious and a wholesome meal.



**Recommended Portion Size/Person:** 50g This pack serves 4

**Allergen:** No allergen.

**Storage:** Transfer contents to air tight container after opening the pack

Available in Institutional packs of 1kg & 2kgs

Ready to Cook Meal

QUICK COOK N' SERVE

# MILLET UPMA

- Gluten Free
- 100% vegan
- Rich in good quality protein and dietary fibre
- Rich in antioxidants
- Aids digestive health

- **Trans Fat Free**
- **No Preservatives**

This special multigrain, gluten free upma is a mix of Foxtail millet, Bengal gram and Spices. High in complex carbohydrates, dietary fibre and protein, this ready to cook upma makes a wholesome, nutritious and tasty breakfast/snack option.



**Recommended Portion Size/Person:** 40g This pack serves 4

**Allergen:** No Allergen

**Storage:** Transfer contents to air tight container after opening the pack

Available in Institutional packs of 1kg & 2kgs



Available in  
**200g** pack size  
MRP: ₹ 100/-

**Ingredients:** Foxtail millet, Bengal gram, Mustardseeds, Coconut powder, Salt, Red chilli (whole), Turmeric powder, Curry leaves, Vegetable oil.

## Nutrition value per 100g of product\*

Energy (Kcal)	397
Protein (g)	12.4
Carbohydrates (g)	72.4
Fat (g)	6.4
• Saturated Fats (%)	1.4
• Trans Fat (%)	0
Dietary Fibre (g)	17.3
Calcium (mg)	22.47
Iron (mg)	3.73
Sodium (mg)	718

\*Approx. value

**Shelf Life:** 9 months



**ASSORTMENT EARTHSPIRED  
2 COOKIE PACKS**





## Multigrain Assorted Cookies Pack

## GLUTEN-FREE MULTIGRAIN COOKIES

- Gluten free
- Eggless
- High in protein and dietary fibre
- Without wheat/refined flour
- A crunchy snack that provides energy and essential nutrients
- Excellent pre and post workout snack

- **Trans Fat Free**
- **No Preservatives**

Rich in nutrients and fibre, these cookies make a healthy snacking option and maintains bowel health. Enjoy six exotic flavours for good health and taste.



**Recommended Portion Size:** 25g

**Storage:** Keep in a cool and dry place

**Available in 6 Variants**

- Coffee Crunch
- Amaranth Sweet Crunch
- Honey Almond Crunch
- Coconut Crunch
- Amaranth Sweet & Salt Crunch
- Choco-Chip Crunch



2 cookie pack of  
25 g each

MRP: ₹ 40/-per pack

**Nutrition facts are available on each pack**



**Shelf Life:** 6 months

# IMPACT GIFTING



This festive season, don't just send a gift

**GIFT HEALTH,  
HOPE AND PROSPERITY**

Create your own gluten free, vegan, high protein, high fibre healthy options to suit a variety of health choices, needs and budgets. *We would be delighted to help you make your pick.*



Earthspired



## EARTHSPIRED IS A SOCIALLY RELEVANT, HEALTH & WELLNESS INITIATIVE BY MRIDA GROUP



Earthspired is an initiative that provides market linkages, thereby giving sustainable livelihood opportunities to small and marginal farmers. The Earthspired product range is made up of Amaranth and Millets that are rich in all the nutrients which helps us meet our daily nutritional requirements.

Mrida promotes dynamic work that spreads happiness, good cheer and well being. It believes in uplifting the rural folks such as small & marginal farmers, artisans and the women section by empowering them. The work is designed as such that it benefits both the rural folks and the consumers that buy the health products and the handicrafts raised by them.

### AVAILABLE AT



[www.earthspired.com](http://www.earthspired.com)



### FOLLOW US ON



[www.instagram.com/earthspired/](https://www.instagram.com/earthspired/)



[www.facebook.com/earthspiredbymrida/](https://www.facebook.com/earthspiredbymrida/)



[www.twitter.com/earthspired](https://www.twitter.com/earthspired)

### OUR STORY



[www.youtube.com/watch?v=QoSe7msq9Nc](https://www.youtube.com/watch?v=QoSe7msq9Nc)

67-68, Chandra Bhavan Building, 3rd Floor, Nehru Place, New Delhi – 110019

Phone: +91 11 41734447

Email: [feedback@earthspired.com](mailto:feedback@earthspired.com)