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Nature's forgotten treasure for wholesome nutrition

Isha Sri Annam - Millet Magic

Savour the taste of wholesome and delicious food with Isha Sri Annam, a hamper that showcases the versatility and nourishing properties of several traditional millets (nutri-cereals). Once dubbed the “poor man’s food,” millets are now globally acknowledged as a superfood - a crucial component of a healthy diet and a sustainable agricultural system.

The United Nations declared 2023 as the International Year of Millets, a testament to millet’s growing reputation as the “Greatest Grain”. We are delighted to present this curated collection with several simple and tasty recipes, designed to introduce you to the magic of millet!



Ancient Grains for Modern Times

Millets are a diverse group of small-seeded grains that have been cultivated for thousands of years. They are one of the oldest known crops in the world, and are grown predominantly in Asia and Africa. Millets are an important staple food for over half a billion people, and are gaining popularity in many other parts of the world due to their exceptional nutritional value.

Instant Sanjeevini Multigrain Health Mix

Sanjeevini is a unique, energy-boosting blend of several different millets, cereals, nuts, and lentils, formulated by Isha to support a healthy body and mind. Made with 100% natural, this health drink is rich in vitamins and minerals and suitable for all ages. Enjoy it as a quick pick-me-up or as a complete meal in itself, with no added preservatives, additives, or artificial flavours.

Sanjeevini Banana Cake



- 1 medium size banana
- ¼ cup coconut oil (or butter)
- ½ cup yoghurt or curd
- ¼ cup powdered jaggery
- 1½ cups Isha Instant Sanjeevini powder
- ½ tsp baking powder
- ½ tsp sodium bicarbonate
- 1 pinch cinnamon powder (optional)

Blend banana, sugar, oil, and yoghurt in a grinder for 5 minutes. Pour the mixture into a bowl.

- In a separate bowl mix baking powder, sodium bicarbonate, the Instant Sanjeevini powder, and cinnamon.
- Gradually add this dry mixture into the wet mixture, mixing thoroughly ensuring there are no lumps.
- Pour the mixture into a greased and lined baking dish or muffin pan (makes 6 muffins).
- Bake for 15 minutes at 200 °C. Check to see if the knife comes out clean, otherwise bake for a few more minutes.