ZENVITA

Health in Every Bite

COOKING INSTRUCTIONS

Zenvita Complete Nutrition Atta

1. Add warm to hot water gradually to the atta.
2. Knead into a soft, smooth dough.
3. Cover and let the dough rest for at least 30 minutes for softer chapatis.
4. The remaining dough can be stored in the refrigerator and used for your next meal.
5. Roll gently and cook on a medium flame until soft.

Zenvita Soy-Free Nutrition Atta

Follow the same preparation method:

1. Add warm to hot water gradually.
2. Knead into a soft, smooth dough.
3. Cover and let the dough rest for at least 30 minutes for softer chapatis.
4. Store any remaining dough in the refrigerator and use it for your next meal.
5. Roll gently and cook on a medium flame until soft.

Zenvita Nutri Mix

For Idli & Dosa Mixing Ratio:

1 cup of Urad dal, 2 cups of Zenvita nutrimix.

1. Wash and soak urad dal for 5–6 hours.
2. Grind into a smooth batter.
3. Mix Zenvita Nutri Mix with enough water to make a thick, lump-free paste.
4. Add the paste to the urad dal batter and mix thoroughly.
5. Ferment for 4–5 hours.
6. Prepare soft idlis or crispy dosas as desired.

For Softer Idlis: Add a small pinch of cooking soda just before steaming.

Porridge (Java)

1. Take the required quantity of Zenvita Nutri Mix.
2. Mix with a little cold water to make a smooth paste.
3. Gradually pour into boiling water while stirring continuously.
4. Cook on low to medium flame for 5–10 minutes, stirring occasionally.
5. Serve hot.

Serving Suggestions:

- Enjoy with milk.
- Mix with curd (yogurt).
- Add salt or your preferred sweetener.

Helpful Tips

- Use warm to hot water for softer chapatis.
- Resting the dough improves softness and taste.
- Refrigerated dough can be used for the next meal.
- Allow the idli/dosa batter to ferment well for the best texture and taste.
- Follow the recommended preparation methods for the best Zenvita experience.

Links for preperation

- https://www.instagram.com/reel/Da5GkG6SV5b/?igsh=MWtxNnhuM2Y2ZThnbg==
- https://www.instagram.com/reel/DYPTJeQyLNM/?igsh=b2hud2o4NHF6dHQ4
- https://www.instagram.com/reel/DYFW3HXy5-L/?igsh=NzV6cjU2MjlvenE=

Need Help

Have questions about recipes, preparation, diabetes-friendly meal planning, or healthy eating? Our team is here to help.

We're always happy to help!

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Contact Us:

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