

# NUTRITIOUS & HEALTHY Travelers Treat



















\*Pictorial representation is indicative usage of the product

SCAN TO EXPLORE

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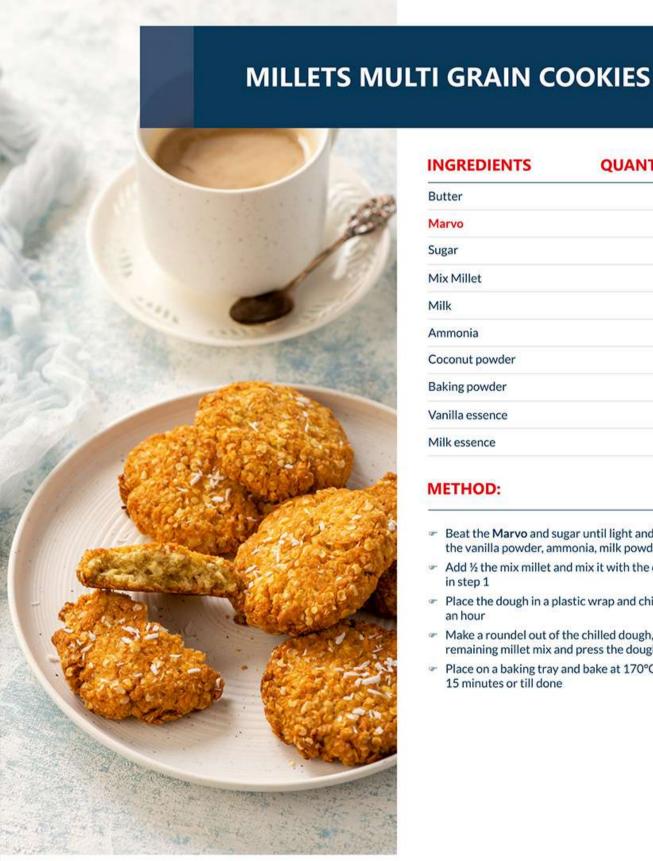
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The focus of this bulletin is ensuring nutritional enrichment of bakery products by incorporating nutrient -rich ingredients without altering its taste and making the treat more nutritious & satisfying hence developing the habit of healthy intake of nutritious elements.







INGREDIENTS	QUANTITY (In gm)
Butter	500 g
Marvo	500 g
Sugar	1000 g
Mix Millet	2000 g
Milk	400 g
Ammonia	20 g
Coconut powder	500 g
Baking powder	20 g
Vanilla essence	2 g
Milk essence	1.5 g

- Beat the Marvo and sugar until light and fluffy, beat in the vanilla powder, ammonia, milk powder & coconut
- Add ½ the mix millet and mix it with the dough obtained in step 1
- Place the dough in a plastic wrap and chill the dough for an hour
- Make a roundel out of the chilled dough, coat it with the remaining millet mix and press the dough
- Place on a baking tray and bake at 170°C for about 10-15 minutes or till done





# **RAJGIRA COOKIES**





INGREDIENTS	<b>QUANTITY</b> (In gm)
Rajgira	250 g
Custard	40 g
Marvo	300 g
BF Sugar	375 g
Oats	250 g
Honey	50 g
Tea water	100 ml
Soda	15 g
Vanilla	10 g
Baking Powder	5 g
Milk powder	25 g
Glucose	10 g
Coconut	150 g
Channa atta	1.5 ml
Butter essence	75 g

- In a large bowl, cream the Marvo Pride & breakfast sugar till light & fluffy
- Add custard powder, vanilla powder, soda, baking powder, milk powder and cream till light & fluffy
- Add rest of the ingredients and mix properly to make a
- Place the dough in a plastic wrap and chill the dough for an 1/2 hour
- Make a roundel out of the chilled dough, coat it with the oats and press the dough
- Place on a baking tray and bake at 170°C for about 10-15 minutes or till done





# **NUTTY CORNFLAKES COOKIES**

INGREDIENTS	QUANTITY (In gm)
Maida	500 g
Marvo	300 g
Brown sugar	325 g
Milk	100 g
Soda	10 g
Baking Powder	05 g
Cornflakes	100 g
Cashew Nuts	100 g
Smp	50 g
Custard	50 g
Glucose	2.5 g
Ammonia	10 g
V Essence	2.5 g
Salt	2 g

- Cream Marvo Pride and Brown sugar with the help of paddle at speed 2, till it is light & fluffy
- While mixing with paddle at speed 2, add a little milk, glucose, essence at a time then gradually add the rest of the dry ingredients (milk powder + custard powder)
- Add sieved flour & baking powder, soda & salt to the mix to get a dough (ensure that the dough is not over mixed)
- Fold in the crushed cornflakes & chopped cashew nuts
- Place the dough in a plastic wrap and chill the dough for
- Make a roundel out of the chilled dough, coat it with the cornflakes and press the dough
- Place on a Baking tray and bake at 170°C for about 10-15 minutes or till done







INGREDIENTS	QUANTITY (In gm
Marvo Ultra	600 (
Powder Sugar	500 g
SMP	50 g
Glucose Powder	25 (
Vanilla Powder	10 g
Milk	125 (
Whole Wheat Flour	300 g
Soya Flour	50 g
OAT Meal	150 (
Makkai Atta	150 8
Raghi Atta	150 g
Nachani Atta	100 8
Baking Soda	10 (
Ammonia	8 8

- Measure and keep all the ingredients ready
- Sieve all flour and mix together & add oatmeal/baking soda to it
- Take Marvo Pride and powder sugar in mixing bowl (planetary mixer). Using paddle attachment cream the fat for around 10 mins
- Add SMP/Glucose powder/Vanilla powder together with sugar and fat and continue creaming
- Add slowly fresh milk, ammonia and continue creaming till batter is light and fluffy
- Now add remaining flour mix & all dry ingredients on slow speed & continue mixing until you get soft dough consistency
- Roll the dough over the dusted working table surface with help of rolling pin of thickness 6-7mm
- Make the roundels of 10-12 gm out of the dough and slightly press it over the baking tray
- Bake at 170 deg C for about 15-18 min or till done









- Measure and keep all the ingredients ready. Sieve Atta (whole wheat Flour) along with Baking Powder & Baking
- Take Bansari Vanaspati and jaggery powder in mixing bowl (Planetary Mixer). Using paddle attachment cream it for 10 mins
- Add SMP/Invert Syrup together with Fat mixing
- Add slowly fresh milk & ammonia and continue mixing on medium speed till light & fluffy
- Now add remaining Flour mix, all dry ingredients on slow speed. Mix dough gently until you get soft dough consistency
- Make a roundels of 10-12 gms out of the dough and slightly press it over the baking tray
- Bake at 170°C for 22 to 25 mins till golden color







INGREDIENTS	<b>QUANTITY</b> (In gm)
Marvo Lite	1000 g
Demerara Sugar	500 g
Salt	25 g
Milk Powder	50 g
Custard Powder	25 g
Fresh Milk	175 g
Vanilla Powder	25 g
Cardamon Powder	25 g
Nachni Atta	125 g
Soya Flour	200 g
Rajgira Atta	175 g
Singada Atta	175 g
Makkai Atta	175 g
Rice Flour	175 g
Jawar Atta	175 g

- Measure and keep all the ingredients ready
- Sieve all Flours and mix it together, add Cardamon Powder/Milk Powder/ Vanilla Powder /Salt /Custard Powder all together and mix it well
- Take Marvo Lite and Demerara Sugar (Brown Sugar) in Mixing Bowl (Planetary Mixer). Using Paddle cream, it for 10 mins
- Add slowly fresh milk while mixing on medium speed till batter is light and fluffy
- Now add remaining Flour mix and all dry ingredients on slow speed. Mix dough gently until you get soft dough.
- Roll the dough over the dusted working table surface with help of rolling pin of thickness 6-7mm
- Bake at 170°C for 22 to 25 mins till golden color







SCAN TO EXPLORE







INGREDIENTS (Roll)	QUANTITY (In gm)
Whole Wheat Atta	700 g
Soya Flour	200 g
Multigrain Flour	100 g
Gluten Powder	20 g
Salt	20 g
Sugar	50 g
Lily Star NT - Mixing	50 g
Ice - Water	550 g
Lily Star NT - Lamination	400 g
JAGGERY CREAM	
Biskin TF	1000 g
Demerara Sugar	300 g
Jaggery Powder	1200 g
Vanilla Essence	20 g
Milk Powder	100 g

- Measure and keep all the ingredients ready. Sieve all flours and mix it together, add gluten powder with flour
- Take ice-water in spiral dough bowl, add sugar and salt mix till dissolved
- Add flour mix with water and mix it well, make a dough
- Add Lily NT mixing fat with dough and bind it well. Dough temp should be 10°c approx. once its ready
- Do puff pastry lamination using Lily NT one time lamination-folding -1) simple fold -2) simple fold -3) book fold
- Keep resting for 20mins. Till dough get set with fat
- For Jaggery cream filling Take Biskin TF fat in planetary mixer use attachment balloon whisk - whip fat till get light for 5mins
- Add demerara sugar (brown sugar) whip till 10mins at medium speed. Add jaggery powder and milk powder whip till 30mins or till cream get soft and fluffy. Add vanilla essence
- Roll puff pastry dough thin on dough sheeter or by rolling pin. Cut it long ribbon size 1.2 inches size by using pizza cutter. Make sure all pcs should be equal size
- Take metal cones and roll a strip of puff pastry around it. Roll other pieces also the same around cones as well
- Lined shaped cones on baking tray, slightly brush with fresh milk
- Bake the cone at 200 deg C for 20-25 mins till golden colored is obtained
- Once cooled fill the cones with the Jaggery cream filling and served at room temp





# **MILLET JAGGERY CAKE**





INGREDIENTS	<b>QUANTITY (In gm)</b>
GSM	1000 g
Sugar	300 g
Jaggery Powder	700 g
Egg	1200 g
Atta	300 g
Multi Grain Atta	200 g
Singada Powder	100 g
Bajri	100 g
Jawari Powder	100 g
Nachni Powder	100 g
Baking Powder	15 g
Vanilla Powder	10 g
Vanilla Essence	20 g
Multi Grain Seeds	50 g

- Beat GSM and sugar, Jaggery powder until light and fluffy
- Add eggs one by one on regular interval
- Make a smooth and creamy batter
- Mix all remaining flour, multigrain together, add baking powder in it and fold it in batter
- Pour it in lined rectangular cake mould





# **MULTI FLOUR CUP CAKE**



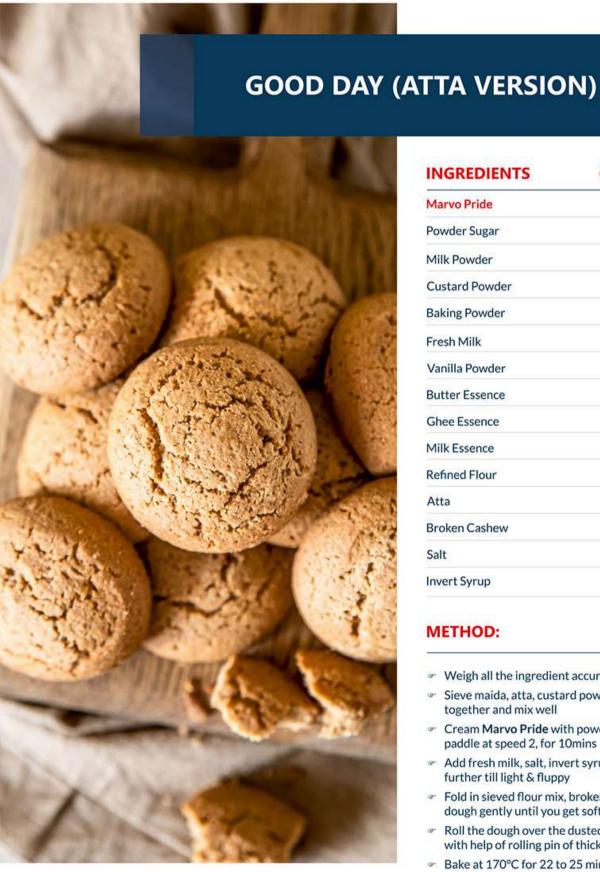


INGREDIENTS	<b>QUANTITY</b> (In gm)
Concentrate Vanilla Premi	um 200 g
Sugar	600 g
Water	600 g
Atta	400 g
Makka Atta	100 g
Rajgira Powder	100 g
Jowar Atta	50 g
Nachni Atta	70 g
Singada Atta	40 g
Multi Grain Atta	150 g
Milk Powder	40 g
Salt	6 g
Custard Powder	40 g
Cake Gel Enhance	40 g
Potassium Sorbet	10 g
Vanilla Powder	10 g
Glycerin	100 g
Lily refined Oil	300 g
GSM	300 g
Sorbitol	50 g

- Add sugar, potassium sorbet & water in a bowl.
- Mix until it dissolves completely
- Add Enhance Premium cake mix concentrate with all other dry ingredients and mix at slow speed for 1 min.
- Scrape down the sides & mix further at medium speed for 5 mins.
- Add oil & glycerin.
- Pour the batter into lined cup cake mold and bake at 170°C for 25 minutes.







<b>QUANTITY</b> (In gm)
1000 g
900 g
100 g
100 g
16 g
200 g
20 g
10 g
20g
10 g
500 g
100 g
100 g
16 g
50 g

- Weigh all the ingredient accurately
- Sieve maida, atta, custard powder & baking powder together and mix well
- Cream Marvo Pride with powder sugar with the help of paddle at speed 2, for 10mins
- Add fresh milk, salt, invert syrup, essences, and cream further till light & fluppy
- Fold in sieved flour mix, broken cashew nuts and mix dough gently until you get soft dough
- Roll the dough over the dusted working table surface with help of rolling pin of thickness 6-7mm
- Bake at 170°C for 22 to 25 minutes till golden color





# **BANANA CARAMEL CAKE**





INGREDIENTS	QUANTITY (In gm)
CARAMEL FILLING	
Brown Sugar	100 g
Salted Butter	100 g
Dairy Cream	100 g

### METHOD:

- Cook Sugar until dissolved
- Add butter and stir until well combined
- Add cream and cook until thick and creamy
- Store in jars and use accordingly

### **CARAMEL TOPPING**

Caramel Filling	50 g
Jenna topping	50 g
Dark chocolate	200 g
Cocoa Butter	250 g
Finely chopped cashew nuts	50 g

### METHOD (Assembly):

- Mix whipped topping with caramel sauce and fill in piping bag with zero nozzle
- Pipe the caramel cream on cake
- Rest for 10 mins in refrigerator
- Meanwhile melt cocoa butter and dark chocolate until a smooth liquid
- Add chopped cashew nuts and coat the banana cake
- Set and slice it accordingly





# **APPLE CRUMBLE CAKE**





INGREDIENTS	QUANTITY (In gm)
-------------	------------------

APPLE FILLING	
Brown Sugar	100 g
Apple diced	400 g
Butter	50 g
Cinnamon	05 g

### METHOD:

- Cook apples with sugar and butter until tender and shiny
- Add cinnamon powder and rest

### CRUMBLE

Flour	250 g
Castor Sugar	100 g
Marvo	100 g
Butter	50 g

### METHOD:

- Use chilled butter and rub in all dry ingredients
- Mix until small crumble formed

### CAKE

GSM	250 g
Sugar	250 g
Eggs	5 No.
Flour	250 g
Baking Powder	5 g
Apple Filling	200 g

- Beat GSM and sugar until white and fluffy
- Add eggs one by one on regular interval
- Make a smooth and creamy batter
- Mix baking powder with flour and add in batter
- Fold slowly until combined
- Add apple filling and place the mixture in loaf moulds
- Add crumble on top
- Bake in 175°C for 40 minutes







# CARROT CAKE WITH CARAMEL FROSTING





INGREDIENTS	<b>QUANTITY</b> (In gm)
GSM	250 g
Sugar	250 g
Eggs	5 No.
Flour	250 g
Baking Powder	5 g
Grated Carrot	200 g

- Beat GSM and sugar until light and fluffy
- Add eggs one by one on regular interval
- Make a smooth and creamy batter
- Mix baking powder with flour and add in batter
- Fold slowly until combined
- Add grated carrot and place the mixture in loaf moulds
- Bake in 175°C for 40 minutes
- Set in room temperature
- Frost the cake with caramel cream and slice accordingly







INGREDIENTS	<b>QUANTITY</b> (In gm)
GSM	250 g
Sugar	250 g
Eggs	5 No.
Flour	250 g
Baking Powder	5 g
Chia seeds	15 g
Orange zest	5 g

- Beat GSM and sugar until white and fluffy
- Add eggs one by one on regular interval
- Make a smooth and creamy batter
- Mix baking powder with flour and add in batter
- Fold slowly until combined add orange zest
- Add chia seeds and place the mixture in loaf moulds
- Bake in 175°C for 40 minutes
- Set in room temperature
- Frost the cake with orange glaze and cover it with toasted chia seeds





# WHOLE WHEAT KHARI





INGREDIENTS	<b>QUANTITY</b> (In gm)
Multi Grain Flour	800 g
Maida	200 g
Salt	20 g
Sugar	50 g
Lily Star	50 g
Lamination - Lily Star	450 g

- Take a mixing bowl and add multi grain flour, sugar, salt, and chilled water and knead till 70% of dough is ready
- Add 50gms of Lily Star to the dough. Knead well to make it medium soft
- Keep the dough covered under a wet cloth for rest for 20 minutes
- Roll out the dough to make a rectangle
- Apply half the Lily Star on the dough
- Fold the dough once from the sides towards the center
- Again, fold the dough so that it looks like a book fold and rest under a wet cloth for 10 minutes
- Roll out the dough to make a rectangle
- Apply the remaining half the Lily Star on the dough
- Fold the dough once from the sides towards the center
- Again, fold the dough so that it looks like a book fold
- Rest the dough for 10 minutes under a wet cloth
- Roll the dough to a rectangle. Fold the dough once from the sides towards the center
- Again, fold the dough so that it looks like a book fold. Fold it again to be like a double book fold
- Allow it to rest under a wet cloth for approximately 30 minutes
- Sheet the dough to required thickness and cut into the strip of 2 inches by 1 inch
- Bake at 200-220°C for 20 30 minutes followed by oven drying at 120°C for other 30 mins







INGREDIENTS	QUANTITY (In gm)
Refined Flour	500 g
Multigrain flour	500 g
Sugar	50 g
Salt	22 g
Angel Instant Dry Yeast	12 g
Bread Improver Summit 250	2 g
Gluten Powder	20 g
Lotus Margarine	200 g
Ginger Garlic Paste	100 g
Chili Flakes	20 g
Mixed Herbs	10 g
Lotus	200 g
Water	600 g

- In a mixing bowl, sieve R flour, multigrain flour, sugar, salt, Angel IDY and Summit 250 bread improver
- Add water and mix at slow speed for 2 mins followed by medium speed for 6 minutes
- Add Lotus margarine & ginger garlic paste, mixed herbs & chilly flakes and continue mixing till the dough is well developed
- Set the dough aside to rest for 10 mins
- Weigh and divide the dough into portions 250gms each
- Shape the portioned dough in roundels and set aside for final fermentation for about 120 minutes
- Bake at 210°c for about 40 minutes
- De-mold the toast & let it cool for at least 3 hours before slicing
- After slicing, arrange the pieces on a tray and toast at 140°c for 20 minutes
- Let it cool before serving







INGREDIENTS	QUANTITY (In gm)
Honey	75 g
Jaggery powder	150 g
Marvo Pride	75 g
Rolled Oats	100 g
Cornflakes	50 g
Multigrain Seed	100 g
Cranberry	50 g
Almonds	25 g
Dried Apricot	25 g
Mix Berry	50 g

- Cook honey and jaggery powder until golden brown
- Add Marvo and stir until dissolved
- Add all dry ingredients and fold into sugar mixture
- Flat the mixture in a 10" square tin
- And bake in 180°C for 10 minutes
- Set in room temperature and cut in rectangular pieces
- Keep it in airtight container and keep it in ambient temperature
- Serve as needed





# **CRUNCHY DATES COOKIES**





INGREDIENTS	QUANTITY (In gm)
COOKIE DOUGH	
Flour	1000
Semolina	150g
Icing Sugar	100g
Marvo Pride	100g
Milk	25g
Green cardamon powder	5g
FILLING	
Pitted dates	200g
Rose water	20g
Elaichi powder	58
Green cardamon powder	5g
Cashew chopped	20g

- Make a crumble cookie dough by creaming the Marvo & Icing sugar and mixing the rest of the ingredients to it. (Semolina, Milk, Green Cardamon)
- Rest the dough into the refrigerator for 1 hour
- Roll the dough in thin sheet of 2-3 mm and line the bottom of rings
- Make a paste out of Pitted dates, rose water, green cardamon powder & chopped cashew nuts & fill up the lined mold
- Make a crumble out of remaining dough and put it over the dates paste mix obtained in step 4
- Bake at 170°C for 15 mins
- Serve at room temperature





# **MILLET JAGGERY DATES CAKE**





INGREDIENTS	<b>QUANTITY (In gm)</b>
GSM	1000
Sugar	300
Jaggery Powder	700
Egg	1200
Atta	300
Multi Grain Atta	200
Singada Powder	100
Bajri	100
Jawari Powder	100
Nachni Powder	100
Baking Powder	15
Vanilla Powder	10
Vanilla Essence	20
Multi Grain Seeds	50
Dates deseeded	200

- Beat GSM and sugar, jaggery powder until light and fluffy
- Add eggs one by one on regular interval
- Make a smooth and creamy batter
- Mix all remaining flour, multigrain together and mix baking powder in it and fold it in batter
- Pour it in lined rectangular cake mould
- Bake it at 175°C for 40 mins





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