



RED POHA BISCUIT

(This preparation combines red poha and naturally pigmented millets, both rich in complex carbohydrates and dietary fibre, providing slow-release energy and improved glycaemic stability. Jaggery syrup contributes minerals such as iron and potassium, while offering a less refined carbohydrate matrix compared to white sugar. Raisins, dates, almonds, and peanuts supply polyphenols, healthy fats, and micronutrients that enhance antioxidant capacity and metabolic support. The layered structure increases nutrient density per serving, making it suitable for sustained energy needs. Overall, the formulation supports digestive function, micronutrient replenishment, and prolonged satiety.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Sigappu aval (Red poha)	<i>Oryza sativa</i>	Qs
	2	Millets – colored with natural flower extracts		Qs
	3	Vellappagu (Jaggery syrup)	<i>Saccharum officinarum</i>	Qs
	4	Thiratchai (Raisin)	<i>Vitis vinifera</i>	Qs
	5	Paeritchai (Dates)	<i>Phoenix dactylifera</i>	Qs
	6	Baadham (Almond)	<i>Prunus dulcis</i>	Qs
	7	Verkadalai (Peanut)	<i>Arachis hypogaea</i>	Qs
Preparation Time	40 minutes			
Preparation Method	Prepare red poha & millet mix. Make biscuit base using jaggery syrup. Place dry fruit mix between two biscuits, press firmly, sprinkle millet on top.			
Benefits	Supports digestion, provides sustained energy.			
Reference	Murugesu Mudaliar KS. Gunapadam Mooligai Vaguppu (Materia Medica). Chennai: Department of Indian Medicine and Homeopathy; 2013. p.519.			



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1. Murugesu Mudaliar KS. Gunapadam Mooligai Vaguppu (Materia Medica). Chennai: Department of Indian Medicine and Homeopathy; 2013. p.519.
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