



## Brain booster Powder

Serving: 19

Veg

### *Ingredients*

- Flax seeds 100 gms
- Pumpkin seed 100 gms
- Sunflower seeds 100 gms
- Dry dates 150 gms
- Musk melon seeds 100 gms
- Palm jaggery 150 gms
- Fennel seeds 50gms
- Almond 100gms
- Walnut 50gms

### *Preparation Method*

- Grind all ingredients and mix well.
- Add this powder into milk & have it
- Helps improving memory & concentration power.