



Biotin shake

Serving: 1

Veg

Ingredients

- 1 tsp pumpkin seeds
- 1 tsp sunflower seeds
- 1 tsp chia seeds
- 4 almonds
- 4 cashews
- 2 anjeer
- 2 dates seedless
- 100 ml water
- 150 ml milk (almond milk OR Coconut milk)

Preparation Method

- soak all ingredinets in water overnight
- next morning , take all this ingredients and milk , Blend all together till shake consistency
- while serving add 1 tsp flax seeds on top , enjoy