



Protein Powder - 1

Serving: 1

Veg

Ingredients

- Almonds - 0.25 cup
- Walnuts - 5 pieces
- Pista - 4 pieces
- cashew - 4 pieces
- Pumpkin seeds - 2 tsp
- chia seeds - 2 tbs
- sunflower seeds - 2 tsp
- Melon seeds - 2 tsp
- Oats - 2 tbsp
- Milk powder - 2 tsp

Preparation Method

- Firstly, dry roast almond until it turns aromatic. keep aside.
- In the same pan take walnut, pistachios and cashew.
- Roast on low flame until the nuts turn crunchy. keep aside.
- Further take pumpkin seeds, melon seeds and sunflower seeds.
- Now roast oats until it turns crisp.
- Transfer the roasted oats to the same plate and cool completely.
- Furthermore, add chia seeds and mix well-combining everything well.
- Once the nuts cool down, transfer to a mixi and blend to a fine powder. make sure to pulse and blend to prevent oil releasing
- Sieve the powder to have a smooth powder.
- Also, add milk powder and mix well.
- Protein powder is ready to use. store in an airtight container and use up to 2 months
- Add 1 tbsp protein powder in milk or water.