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Serving: 1 Veg

Ingredients

- Methi seeds 2 tbsp
- Chia seeds 4 tbsp
- Elaichi powder 2 tbsp
- Supari powder 1 tbsp
- Jeera seeds 2 tbsp
- Saunf 2 tbsp
- Alsi seeds 2 tbsp
- Haldi powder 2 tbsp
- Dry mint powder 2 tbsp
- Dry parsley leaves 2 tbsp
- Cinnamon powder 1 tbsp

Preparation Method

- Dry roast all seeds and dry leaves. Grind.store in a glass iar.
- Dose: 2 tsp after lunch 1 tsp after dinner