

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- -Fig- 100 grms
- Apricot 100 grms
- -Dates 250 grms

Preparation Method

- -Blend All the ingredients in a blender and knead the mixture in to dough.
- -Make laddus of the dough and Coat it with Khaskhas.
- -It is a very good source of energy. It is also rich in iron