

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



Serving: 1 Veg

Ingredients

- Date syrup (3 tbsp) OR Fresh seedless dates 4-5
- Black raisins (6-8)
- Water 150 ml
- Rose water 20 ml
- Chopped Almonds for garnish 1 tbsp

Preparation Method

- In a mixture jar, add dates, black raisins + 100 ml water, Blend it all together
- Than add remaining water + rose water 20 ml, Again blend till juice consistency
- Pour in a glass jar ,Add almonds on top . Serve