



Protein Powder

Serving: 1

Veg

Ingredients

- -1/4 cup Quinoa
- -1/4 cup Brown rice
- -1/2 cup Oats
- -50 grams almonds
- -50 grams cashews
- -50 grams flax seeds
- -3 tbsp Black and white sesame seeds
- -3 tablespoons of Barley

Preparation Method

- -Wash all the grains and dry them.
- Dry roast all ingredients one by one starting with the grains , and then nuts and seeds
- Let it cool or some time , Place all the above in a food processor and pulse until a fine powder is formed.
- Transfer to a tight-sealing jar and store at cool room temperature.
- Use 1 tbsp with 100 ml milk (or as suggested)