



Bone pain drink

Serving: 2

Veg

Ingredients

- Makhana - 2 cups
- Almonds - half cup
- Dry dates - 4 cut it in a pieces
- sesame seeds - 2 tbsp
- Flax seeds - 2 tbsp
- poppy seeds - 2 tbsp
- Mishri - 2 pieces (khada shakkar)
- Kesar - 1/2 tsp
- Milk - 2 cups

Preparation Method

- First take makhanas dry roast it , roast until it becomes crispy , cool completely.
- same pan half cup almonds , dry roast it ,roast until it turns crunchy , add 4 seedless dry dates , roast it ,cool completely
- same pan 2 tbsp sesme seeds , flax seeds- 2 tbsp , poppy seeds - 2tbsp and 1" dry ginger , roast it , cool completly
- Mix all roast ingredients properly
- Transfer in to mixer jar , add 2 pieces of mishri (khada shakkar) blend it .
- add half tsp kesar mix it , store in a air tight jar
- Take a 2 cup of milk add 2 tbsp powder mix well .
- add 2 tbsp makhana , mix well, boil well ,
- drink it