



Cholesterol (1) Herb Mix

Serving: 1

Veg

Ingredients

- Make a herb mix to lower your bad cholesterol--
- Take
 - -2 tbsp methi seeds
 - -2 tbsp methi leaves(dry)
 - -2 tbsp flax/alsi seeds
 - -2 tbsp chia seeds
 - -2 tbsp dry mint(phudina) powder
 - -2 tbsp dry celery leaves
 - -2 tbsp jeera seeds powder
 - -2 tbsp cinnamon powder

Preparation Method

- -Dry roast all seeds ,mix all ingredients together. powder together. store in airtight container
- **Dose : Take 1 tsp each after breakfast and dinner.**