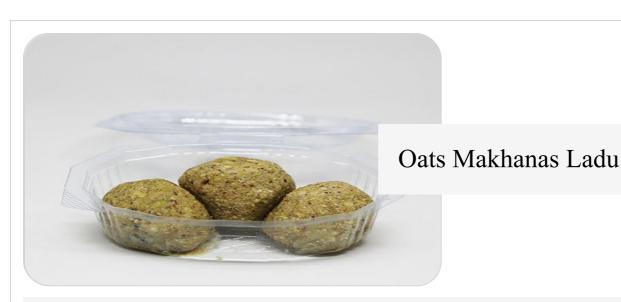


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 15 Veg

## Ingredients

- Oats -1 bowl
- Desiccated Coconut 1 small bowl
- Jegerry shredded 1 small bowl
- Grinded almond 15-20
- Makhana 1 bowl

## Preparation Method

- Roast Oats Makhana in a deep pan till golden brown colors
- Then grind in a mixture ( make crumbs )
- take 1 small bowl jaggary
- Mix Makhana ,almond, jaggery well then add desiccated coconut
- Now in a pan add the mixture with 2-3 spoon milk
- Heat mixture for 2-3 minutes with continuous stirring
- Make small Laddu from mixture