



Biotin Powder

Serving: 1

Veg

Ingredients

- Almonds - 20
- Walnuts - 7-8 pieces
- Flax seeds - 2 tbsp
- Oats - 4 tbsp
- Chia seeds - 2 tbsp
- Sunflower seeds - 1 tbsp
- Coconut powder - 1 tbsp
- Jaggery - 1 tbsp

Preparation Method

- Mix almonds , walnuts , flax seeds ,oats, chia seeds , sunflower seeds in a mixer jar , blend it , powder it
- Transfer in a bowl add coconut powder and jaggery powder
- Mix well , store it in a jar
- Dose : 1 tbsp powder with water or milk in a day