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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