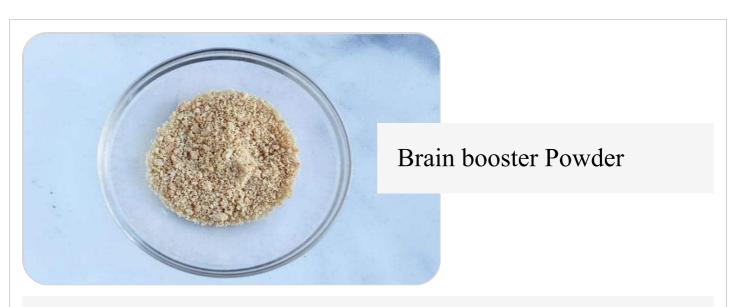


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Serving: 19 Veg

Ingredients

- Flax seeds 100 gms
- Pumpkin seed 100 gms
- Sunflower seeds 100 gms
- Dry dates 150 gms
- Musk melon seeds 100 gms
- Palm jaggery 150 gms
- Fennel seeds 50gms
- Almond 100gms
- Walnut 50gms

Preparation Method

- Grind all ingredients and mix well.
- Add this powder into milk & have it
- Helps improving memory & concentration power.