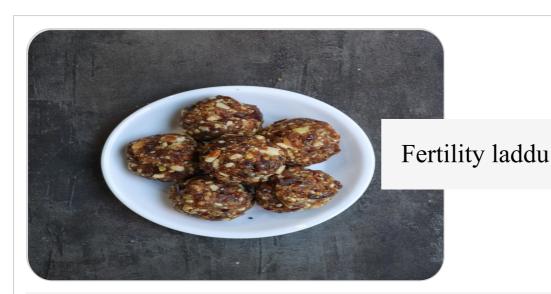


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Serving: 15 Veg

Ingredients

- 1/2 cup walnuts
- 1/2 cup Almonds
- 1/2 Cup Sesame seeds
- 1/2 cup Pumpkin seeds
- 1/2 cup Sunflower seeds
- 1.5 cup jaggery
- 12 seedless dates
- 1/2 cup curshed anjeer
- 1/2 cup cashew
- 1/2 cup pista
- 1/2 cup red kismis

Preparation Method

- dry roast all nuts and grind them into a coarse powder add raisins, crushed anjeer, seedless dates and Jaggery mix them well.
- Grind into fine powder / thek paste untill nuts starts releasing oils
- make them into laddu and enjoy the super food.