

Recipes For Good Health Energy

A milk, date palm, banana, gur (jaggery), and chana powder (gram flour) juice can be a nutritious beverage, offering a good source of protein, fiber, calcium, and iron. Chickpeas, gur, and dates contribute to protein and iron intake, while milk provides calcium, and bananas offer fiber and potassium

Ingredients

- 2 date palm
- 500ml Milk
- 5gram jaggery
- 2 tablespoon gram flour
- 2 Banana

Method

1. half kg Milk add in juicer machine jug
2. add in two banana in juicer machine jag
3. add in two date palm in juicer machine jag
4. add in 5gram jaggery in juicer machine jag
5. add in two tablespoon gram flour in juicer machine jag
6. On juicer machine and two minut stirrering all Ingredients in juicer machine
7. Ready for our healthy Energy juice