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# SUPER FORTIFIED SMOOTHIE



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## INGREDIENTS

- 2-3 Dates (seeds removed and soaked in plain water for 1 hour or lukewarm water for 15-20 minutes).
- 2 Figs (seeds removed and soaked in plain water for 1 hour or lukewarm water for 15-20 minutes).
- 8-10 raisins (seeded and soaked in plain water for 1 hour or in lukewarm water for 15-20 minutes).
- 2-3 Walnuts (seeded and soaked in plain water for 1 hour or in lukewarm water for 15-20 minutes).
- 1 Teaspoon Cinnamon
- 1 Banana



# PROCESS

- Soak dry fruits overnight or for 1 hour. (Use the water of soaked dry fruits in smoothies).
- Cut dry fruits and grind them in a mixer along with banana.
- Add water as required.
- Take out the smoothie in a glass and sprinkle cinnamon powder on top.

