

# NATURAL PROTEIN BOOSTER

## Ingredients:

- ▶ Roasted sattu flour - 1 cup
- ▶ Almonds - 1/2 cup
- ▶ Walnut and pistachios - 1/2 cup
- ▶ Dry ginger powder - 2 tsp
- ▶ Fennel powder - 1/2 tsp
- ▶ Saffron strands - couple of strands
- ▶ Organic turmeric powder - 1 tsp
- ▶ Nutmeg powder - 1/2 tsp
- ▶ Cardamom powder 1/2 tsp

## Method:

1. Lightly dry roast the nuts
2. Add sattu flour, dry ginger powder and remaining ingredients
3. Roast till a fine aroma is released
4. Grind them coarsely
5. Store in refrigerator

## Notes :

- ▶ Do not overgrind them, else the nuts will release oil and in turn get sticky.
- ▶ Use overnight soaked, sun-dried nuts for better digestibility.
- ▶ You can add a spoonful of this to baby's porridge.
- ▶ This can be a post workout snack too in the form of porridge, sheera or taken with organic A2 milk/nut milk too.
- ▶ Can be added to pancakes/cupcakes too