

Recipe- Apple Banana Smoothie

Recipe- Avocado Mango Smoothie

Recipe- Steamed Whole Wheat Spinach Dumplings

Recipe- Mango Yogurt

Recipe- Baked Kala Chana/

**Black Chickpea Kabab (No
Onion No Garlic)**

**Recipe - Fruit Muesli
Breakfast Smoothie**