

**Recipe- Homemade Roohafza/  
Rose Squash/ Gulab Sharbat**

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**Recipe- Apple Banana Smoothie**

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**Recipe- Avocado Mango  
Smoothie**

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**Recipe- Mango Yogurt**

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**Recipe- Minty Mango Yogurt**

# Dip

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**Recipe-                      Fruit                      Muesli**  
**Breakfast   Smoothie**