

**Recipe- Fruit Muesli  
Breakfast Smoothie**

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**Recipe- Strawberry Oats  
Breakfast Smoothie**

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**Recipe- Banana Ice Cream**

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**Recipe- Daal Baati Churma**

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**Recipe- Aata Halwa/ Whole**

**wheat pudding/ Karha Prashad**

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**Recipe- Vermicelli Kheer**