

FORTIFIED WHITE SMOOTHIE

Ingredients :

- 4-5 almonds soaked (per person)
- Grated coconut – 2 tbsp **or** Coconut oil – 1 tsp
- Water – 100 – 150 ml (1 cup)
- 1 Fruit (Apple / Pear / Guava/Tomato/Elaichi Banana)

Process :

Put the soaked almonds in a mixer or blender and add 2 tbsp of grated coconut (or 1 tsp of coconut oil) and one fruit (Apple or Pear or Guava or tomato or elaichi banana) and 1 cup of water. Grind. Your fortified smoothie is ready.

Consume it sip by sip.