

PEANUT-CHOCOBITES

* INGREDIENTS:

- Peanut
- Coconut flakes
- Zingery tastes
- Dark chocolate

* BENEFITS :

- 1) मूलाप्रती - शरीर, फायदा, रक्तसम रसा और खनिजों में भरपूर होती है। जो हृदय, कर्ज और स्वा गुण विषय में मदा करती है।
- 2) मसिपन - शरीर को मजबूत बना करती प्रदान करती है। शरीर लवा में प्रोत्साहन करती है।
- 3) गुद - शरीर को मजबूत, शरीर को मजबूत और शरीर को मजबूत देने और शरीर को मजबूत करने में मदद करती है।
- 4) शरीर - शरीर को मजबूत करती है, शरीर को मजबूत करने में मदद करती है।



INGREDIENTS :

- 1) Moong Dal - मूँग
- 2) Green Chilli - हरीत मरीच
- 3) Tomato - टमाटर
- 4) Onion - प्याज
- 5) Carrot - गाजर
- 6) Lemon - नींबू
- 7) Coriander - धनिया
- 8) Garlic - लहसुन
- 9) Oil - तेल
- 10) Salt - नमक
- 11) Water - पानी

आयुर्वेदिक -
• हृदय -
• शक्ति -
• शक्ति -

- According to studies -
- High Protein Content
 - Rich in fibre
 - Low in Calorie and Fat
 - Packed with vitamins and minerals
 - Great for heart health
 - Boosts immunity
 - Detoxifies body
 - Regulate blood - sugar level





Shot on OnePlus

By vishu ❤️



Ingredient - रागी की इडली

- रागी
- नारियल (थोड़ा गुदा)
- मूंगफली
- छोटी मिर्च
- चाी
- मसूर
- कड़ी पत्ता
- गुनू पत्ता
- जीरे
- जीरे/नारियल तेल

Benefits

- ① पाचन को बेहतर करता है - फाइबर व water की मात्रा अधिक
- ② नारियल - तौल गुदा - पाचन को बेहतर तथा अम्लता दूर करता है।
- ③ मूंगफली व नारियल - weight loss
- ④ रागी - ताप-गिराकारक
- ⑤ नारियल - तप-गिराकारक
- ⑥ रागी - Ca, इस्फोरा तथा Fe - हड्डियों व मांसपेशियों के लिये
- ⑦ नारियल - प्रतिशोथकीकरण गुदा - हड्डियों की घेराव बनाये रखता है।

:- Ragi Idli :-

- Lakshita Shrivastava
- Priya Gupta
- Harsh Meena
- Janvi Sharma
- Ananya Prasad

Directed By
Dr. Smita Man





RIT
66

Protein Poul
Team

Benefits

Support heart and digestive health.

- * Apple Support heart and digestive health.
- * Reduces risk of chronic disease.
- * Roasted Chana and Peanuts helps to gain weight.
- * Almond and Raisin provide energy and antioxidant benefits for



Additional Food Bites

Sprouts Bhel

"Choti Bani, Badi Takli!"

Thanked by
The School Team

Ingredients:
- Sprouts
- Chilli
- Lemon Juice
- Oil
- Salt
- Coriander





GPS Map Camera



Kenwachi Khurd, Rajasthan, India

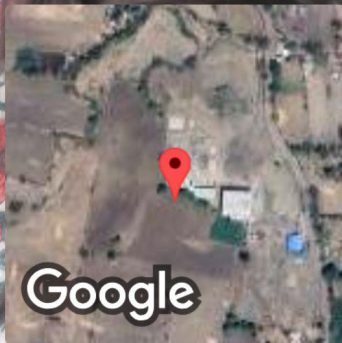
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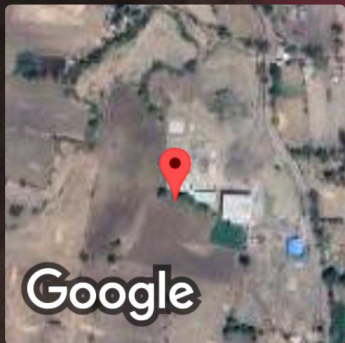
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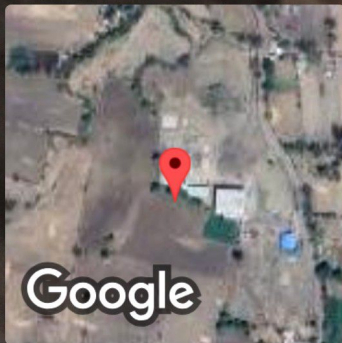
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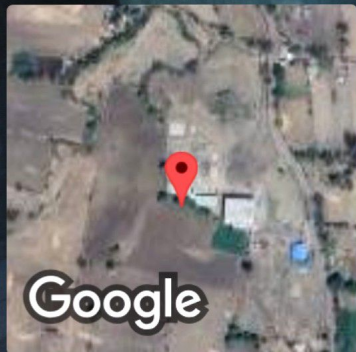
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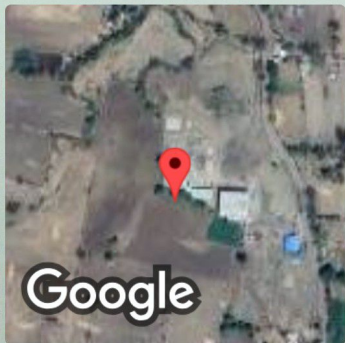
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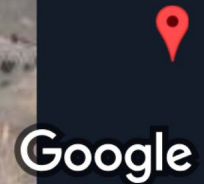
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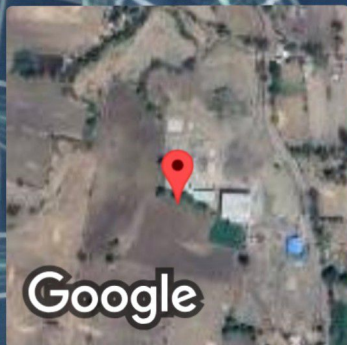
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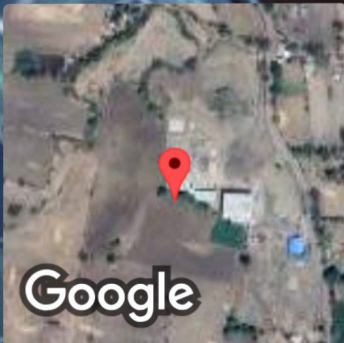
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