



Easy Ways To Include **DRY FRUITS** In Your Pregnancy Diet

Energy Nuggets



1. Finely chop some apricots, dates, and cherries in a food processor.
2. Clean and coat your hands with edible coconut oil.
3. Mold the chopped mixture into walnut size balls using your hands.
4. Coat the ball with sesame seeds and enjoy.



Mixed Juice

1. Soak some cashews, almonds, pistachios, and figs in water for an hour.
2. Peel the almonds and blend all the ingredients with some milk.
3. Sprinkle some cardamom powder for digestion.
4. Enjoy right after pouring it in the glass.

Homemade Nutty Muesli



1. Bake rolled oats, flaked almonds, wheat/bran, sunflower, and pumpkin seeds in a preheated oven at 180°C for 30 minutes, while stirring in half time.
2. Take the dish out and mix with pecans and your choice of mixed dried fruits.
3. Drop a dollop of yogurt after letting the above mixture cool.
4. Enjoy and store the rest in an airtight container.