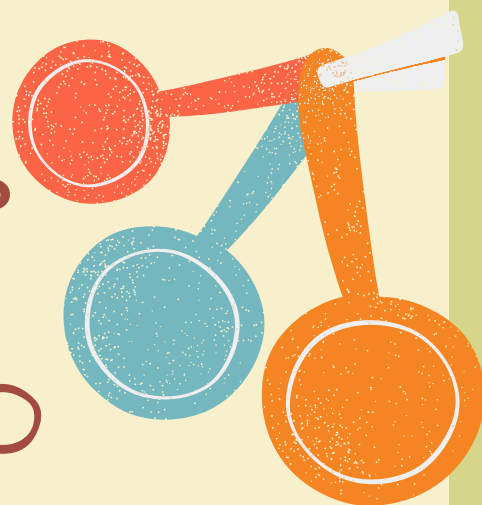


HEALTHY VEGAN PROTEIN SCOOP AT HOME

NUTS AND DRY FRUITS

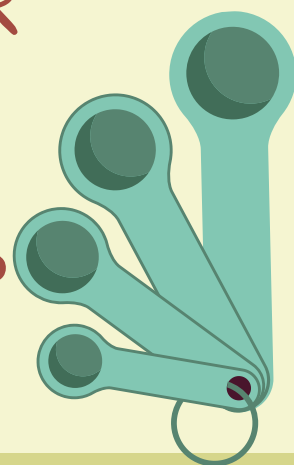


- 1 CUP ALMONDS
- 1/2 CUP WALNUTS
- 1/2 CUP PECANS
- 1/4 CUP PISTACHIO
- 1/4 CUP CASHEWS
- 1/4 CUP DRY DATES



SEEDS IN YOUR DRINK

- 1/4 CUP MELON SEEDS
- 1/4 CUP PUMPKIN SEEDS
- 1/4 CUP SUNFLOWER SEEDS
- 2 TBSP FLAX SEEDS
- 2 TBSP CHIA SEEDS



ROAST AND PULSE

- Dry roast the nuts and seeds in a cast iron pan in orderly fashion ON LOW TO MEDIUM FLAME, WITHOUT chia seeds and dry dates.
- Once they are aromatic, turn off the flame.
- Cool them completely.
- PULSE the roasted nuts and seeds along with chia seeds and dry dates, and avoid the release of natural oils present in the seeds and nuts.
- Once done, it is ready to be scooped and leftovers can be stored in an airtight container and store it in a cool place, most preferably in the refrigerator.

