



# The Aviyaan Ayurveda Gift





# Ayurveda Gift

Culinary Craftmanship				
Sn.	Products	User Guide	Allergen	Contains
1	Suwrnaprash	Ready to use, one Spoon with luke warm water or milk	Contains Milk Product, Glutenfree	Conatins Amla Ghee Honey and ayurvedic herbs
2	Ashwani Pachak	Ready to use, one Spoon with luke warm water	Glutenfree	Contains Cumin carom cardamom dry amla dry ginger
3	Saffron and turmeric latte	120 ml warm water add 1.5 spoon of mixture stir it add sugar if required	Glutenfree	Contains Turmeric safron and coconut milk
4	Imunity Booster	Ready to use, one Spoon with luke warm water in morning	Glutenfree	Contains dry leaves of moringa neem and spirulina
5	Nine Spices Mix	Ready to use as taste inhancer	Glutenfree	Contains Long pepper Star anise mace Nutmeg Cinnamon cordamon
6	Muscles Gainer	180 ml warm water, milk or in your Smoothie and shakes add 3 spoon of mixture stir it add sugar if required	Contains Nuts Glutenfree	Cintains Foxnut almond cashewnut string candy and roasted bengal grams
7	Natural Protein bar	Ready to use high protien bar	May Contain Gluten, Nuts	Contains Oats Super seeds and nuts
8	Black and white sesame ladoo	One Laddoo at a time	Contain sesame	Contains black and white sesame seed Karu patti Jaggery from Tamilnadu
9	The Vegan Nuts pops	One pops at a time	Contains Nuts	Contain Omani dates and Pistachio
10	Super food- fox nuts	Ready to eat	Glutenfree	Fox nut Flavoured with Curry leaves and black pepper
11	Purna chawach antinfammatary herb blend tea	120 ml warm water add 1.5 spoon of mixture stir it and strain, consume at piping hot temperature	Glutenfree	Contains Jasmine Mulethi Ashwagandha , Cinnamon , Sonth ( Dry Ginger ) , Licorice , Black Pepper ,
12	Yogic pachan suraksha tea blend	120 ml water add 1 tea spoon of mixture bring it to boil and strain, consume at piping hot temperature	Glutenfree	Cumin Cardamom, long pepper mace bayleaf black salt
13	Bharat Millet powder	Mix millet flour	Glutenfree	Pearl millet, Finger, Sorghum and foxtail
14	Pahadi boti khada - blend for seasonal soup	150 ml water 2 spoon of mixture, boil it for 5 minutes	Glutenfree	Black gram and hot spices