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(57) Abstract :

The present disclosure relates generally to nutraceutical food compositions. More specifically, the disclosure is directed to a nutraceutical food composition for fasting comprising sesame seeds, pumpkin seeds, chia seeds, flaxseeds, oats, barley, brown rice, pearl millet, buckwheat, millet, sorghum, amarnath, raisins, Indian gooseberry, turmeric, water chestnut flour, a sweetener, and a flavouring agent. The disclosure also relates to a process of preparing the same. The composition for fasting is palatable, cost effective and easy to produce.

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