

**Title:** A process for the preparation of a nutritious health drink composition

**Abstract:**

The present invention relates to a drink mix comprising as many as ten ingredients having health benefit, comprising of dry fruits such as date, apricot, fig, raisins, pistachio and almond, oil seeds like peanuts, legumes such as soybean, rice products like puffed rice, sugar, goose berry etc., which are dried and powdered which can be made into drink by dispersing with milk or water or juice at ambient or at hot conditions and consists of essential nutrients, vitamins, minerals and provide about 400 Kcal 7100g.