

Nāri AārogyamTM

SPINACH BOTTLE GOURD JUICE



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INGREDIENTS

- 1 Bottle gourd cut into big pieces.
- 3/4 Cup finely chopped Spinach
- 1 inch Ginger
- 1/2 Coriander
- 1 tbsp. Lemon juice
- 1/2 Cup Mint leaves
- 1/2 Cup Raw mango, cut into cubes
- 1/2 tsp Cumin powder
- 1/2 tsp Black salt

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PROCESS

- Blend the cut bottle gourd, ginger and add coriander well in a blender.
- Add water as per the consistency you desire and blend them all again.
- Add Himalayan pink salt and add lemon juice in it.

