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# WHITE PETHA CUCUMBER JUICE



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## INGREDIENTS

- 1/2 White petha (Ash gourd)
- Cucumber 2 medium size
- Curry leaves from 4-5
- Ginger 1 inch piece
- Lemon juice (optional) 2 tsps.



## PROCESS

- Clean all the veggies in freshwater.
- Peel and chop the white petha into chunks.
- Peel and chop cucumber into chunks.
- Peel the outer skin of ginger and chop it into small pieces.
- Mix all the above ingredients in a mixer and blend it nicely to smooth consistency.
- Use a strainer and filter the juice to remove any bumps or seeds.
- Add water for consistency.
- Add 2-3 drops of lemon juice for taste (optional).

