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Serving: 1 Veg

## Ingredients

- -Red Ripe Tomatoes 3 chopped
- -Ginger a small piece  $(\frac{1}{2})$
- -Sugar 1 tsp OR Stevia 2 drops
- -Black Salt a pinch
- -Cardamom Powder  $-\frac{1}{2}$  tsp.
- -Lemon Juice 1 tbsp
- · -Water as needed
- -Ice cubes as needed

## Preparation Method

- -Take all the ingredients except ice cubes in a blender, puree till smooth.
- -Sieve this mix, add more water if needed.
- -Put a few ice cubes in a cup, pour in juice and serve immediately.