



De-tan Juice

Serving: 1

Veg

Ingredients

- -1/2 cup shredded bottle gourd
- -1/2 cup chopped cucumber
- -1/4 cup chilled water
- -1 tablespoons lemon juice
- -A pinch of Himalayan pink salt

Preparation Method

- -Toss the shredded bottle gourd and chopped cucumber into a blender and give it a spin.
- -Add the chilled water and lemon juice and stir well.
- -Pour the smoothie into 1 glass.
- -Add a pinch of Himalayan pink salt and stir well before drinking.