



Black Jamun Smoothie

Serving: 1

Veg

Ingredients

- -1/2 cup deseeded and finely chopped black jamun
- -1 cups low-fat curds (dahi)
- -1 tsp sugar substitute
- -2 tbsp crushed ice

Preparation Method

- -all the ingredients, except the ice, in a mixer and blend till smooth and frothy.
- -Pour the smoothie into glasses and top crushed ice in each glass.
- -Serve immediately.