

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- 1 Tablespoon Cooked Rice
- 1 Glass of Water
- Pinch of Pink Salt
- To taste Mustard Powder

## Preparation Method

- Soak 1 Teaspoon of Cooked Rice in a glass of water for -3-5 hours
- Add a pinch of Pink Salt and Mustard Powder
- Strain and Drink the water only