



## Kokum Juice

Serving: 1

Veg

### *Ingredients*

- -Kokum Rinds – 5-6
- -Mint, Roughly chopped – 1 tbsp.
- -Roasted cumin powder –  $\frac{1}{2}$  tsp.
- -Stevia - 2 Drops ( optional)
- -Black salt –  $\frac{1}{4}$  tsp.
- -Water – 1 glass
- -Ice cubes – 2 (optional)

### *Preparation Method*

- -Soak the kokum rinds overnight, or in hot water for couple hours , or till they get soft ( Atlst 30 minutes ) .
- -Once the rinds are soft, squeeze and extract pulp.
- -To the pulp, add chopped mint leaves, water, roasted cumin powder, black salt and Stevia drops .
- -Stir well, and serve chilled.