



Ash gourd cool Juice

Serving: 1

Veg

Ingredients

- -2 cups of winter melon/ Ash gourd
- - $\frac{1}{2}$ lemon
- -Pinch teaspoon salt
- - $\frac{1}{4}$ teaspoon pepper
- - $\frac{1}{2}$ cup water

Preparation Method

- In blender or juicer or food processor add peeled chopped winter melon pieces and $\frac{1}{2}$ cup of water.
- Blend until you get a smooth consistency
- Strain the juice to remove big pieces, then add lemon juice, salt and pepper and mix everything well.
- Enjoy.