



Banana Tea

Serving: 1

Veg

Ingredients

- 1 Ripe Banana
- 1 Glass of water

Preparation Method

- Boil 1 Glass of Water.
- Add 1 ripe banana with skin (cut it into 2).
- Boil for 5 minutes.
- Switch off the gas.
- Cover with lid n keep aside for 5 minutes . Strain and Drink only water .