

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



Serving: 1 Veg

## Ingredients

- Roasted Makhana: 30 grms
- Mint:5-6 leaves
- Hung curds : 2 tsp
- Red chilli Flakes :Half tsp
- Salt :as per taste

## Preparation Method

- Prepare hang curds and combine it with makhana paste in a bowl and stir well using a whisk
- Put mint Leaves ,red chilli flakes ,salt to taste and mix well
- Serve it with Pita Bread OR Lavash
- Take 30 gms Makhana . dry roast for 3 mins ,let it cool down
- Now soak makhana in water for 6 to 7 mins
- Blend in a mixer till it becomes a smooth Paste With water keep aside