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Serving: 1 Veg

Ingredients

- -2 cups of winter melon/ Ash gourd
- $-\frac{1}{2}$ lemon
- -Pinch teaspoon salt
- -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 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.