



## Tomato juice

Serving: 1

Veg

### *Ingredients*

- -Red Ripe Tomatoes – 3 chopped
- -Ginger – a small piece ( $\frac{1}{2}$  ")
- -Sugar – 1 tsp OR Stevia - 2 drops
- -Black Salt – a pinch
- -Cardamom Powder –  $\frac{1}{2}$  tsp.
- -Lemon Juice – 1 tbsp
- -Water as needed
- -Ice cubes as needed

### *Preparation Method*

- -Take all the ingredients except ice cubes in a blender, puree till smooth.
- -Sieve this mix, add more water if needed.
- -Put a few ice cubes in a cup, pour in juice and serve immediately.