



Pumpkin Juice

Serving: 1

Veg

Ingredients

- -Yellow pumpkin (Dark green peel)
-1 cup
- -Pineapple - $\frac{1}{2}$ cup
- -Black salt - pinch
- -Sugar - half tsp
- -Water 1 glass
- -lemon juice - few drops

Preparation Method

- -Peel pumpkin and pineapple cut them into pieces.
- -Grind pineapple and pumpkin with water into fine puree
- -strain it with muslin cloth.
- -Now add lemon juice, rock sugar and black salt and mix well
- -Garnish with pineapple pieces and serve it