



## Stomach soother juice

Serving: 1

Veg

### *Ingredients*

- Bottler gourd 1/2 cup
- cucumber 1 whole
- Lemon juice 1 tsp
- Pink salt pinch
- Water - 50 ml

### *Preparation Method*

- Toss the shredded bottle gourd and chopped cucumber into a blender and give it a spin
- Add the chilled water and lemon juice and stir well.
- Pour the smoothie into a glass.
- Add a pinch of Himalayan pink salt and stir well before drinking.