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Serving: 1 Veg

Ingredients

- Bottler gourd 1/2 cup
- cuucmber 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.