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Serving: 1 Veg

Ingredients

- $-\frac{1}{2}$ cup shredded bottle gourd
- $-\frac{1}{2}$ cup chopped cucumber
- $-\frac{1}{4}$ cup chilled water
- -1 tablespoons lemon juice
- -A pinch of Himalayan pink salt

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 1 glass.
- -Add a pinch of Himalayan pink salt and stir well before drinking.