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Serving: 1 Veg

## Ingredients

- 1/4 cup bottle gourd grated
- · Curds 100 grams
- flax seeds 1 tsp

## Preparation Method

- Grate the bottle gourd In a pot add water and bring it to a boil. Add grated bottle gourd in the water. Boil it in water for 3-4 mins.
- Strain the bottle gourd and cool it for some time. In a pan dry roast flax seeds. Take a bowl with some curd and add the cooled bottle gourd and flax seeds.
- Add some spices if required and mix it well and it is ready to serve.