

Amla Juice

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Prep: 5 Cook: 10 Rest: 0 Servings: 6

Ingredients

- 3 ▸ Black Pepper
- ¼ tsp ▸ Fresh Turmeric
- ▸ Roasted Cumin Powder (optional)
- ½ tsp ▸ Ginger
- 1 cup ▸ Water
- 4 ▸ Amla (Gooseberry)

Instructions

1. Serve

Serve immediately or store in an airtight container in the refrigerator for up to 2 days. Consume 30-40 ml daily on an empty stomach.

2. Blend Ingredients

Combine all ingredients in a blender and blend until smooth. Add more water if needed to achieve desired consistency.

3. Strain (Optional)

Strain the juice through a fine-mesh sieve for a smoother texture (optional).

4. Prepare Ingredients

Wash and roughly chop the amla, ginger, and turmeric.

Source: <https://youtu.be/CZNv0HOt3Q>