

Morning Glow Drink

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Prep: 5 Cook: 0 Rest: 8 Servings: 1

Ingredients

- 1 tsp ▸ Chia seeds
- 7 ▸ Tulsi leaves
- pinch ▸ Salt (optional)
- 1 piece ▸ Amla
- 7 ▸ Mint leaves
- 1 cup ▸ Aloe vera pulp
- 1 glass ▸ Water

Instructions

1. Soak chia seeds

Soak 1 teaspoon of chia seeds overnight in a mixing bowl.

2. Add chia seeds and salt

Add the soaked chia seeds and a pinch of salt to taste. Stir well.

3. Prepare ingredients

Add 1 cup of fresh aloe vera pulp, 1 chopped amla, 7-8 mint leaves, and 7-8 tulsi leaves to the bowl.

4. Blend ingredients

Grind all the ingredients with 1 glass of water in a blender.

5. Drink

Drink the mixture every morning.

Source: <https://youtu.be/uIenAzUiUX0>