

Recipe

Wood Apple Juice

By

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Ingredients

- Ripe Bel fruit / Wood Apple - 1
- Grated Jaggery – ½ Cup
- Cardamom Powder - ½ tsp
- Salt - a pinch

Preparation

1. Cut the bel fruit.
2. Remove the pulp in a vessel.
3. Add 2 cups of water and squash the fruit in the water using hands.
4. Sieve and keep it aside.
5. Add 1 cup water to Jaggery and melt it completely.
6. Sieve Jaggery water and add it to the fruit pulp.
7. Add Cardamom powder and Salt and mix well.
8. Keep in the fridge until cool and serve cold.

Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare