

Recipe Name: Basil Tincture Recipe (Or) - Herbal Drink From Basil

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Water	4
• 1 Tulsi (holy basil)	
• 1/2 teaspoon Black pepper powder	
• 1/2 teaspoon Dry ginger powder	
• 1 teaspoon Palm sugar - (Panakalkandu)	

Preparation

- Add water into a sauce pan, tear the tulsi leaves and give it a brisk boil.
- Once the color of the water changes, add the black pepper powder, ginger powder, palm sugar (Panak).

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
1	0.2	0.2	0	0.1	0.1