

Recipe Name: Wheat Grass Shikanji - Wheat Grass Lemonade Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 50 grams Wheat Grass Powder	3
• 1/2 teaspoon Black pepper powder	
• Black Salt (Kala Namak) - to taste	
• 1 teaspoon Cumin powder (Jeera)	
• 1 Lemon - juiced	

Preparation

- To make the Wheat Grass Shikanji, soak the cut wheat grass in water for a few minutes to remove the dirt.
- Wash it well again, drain the water and then cut it into small pieces.
- Add boiled water to it and grind in a blender along with ginger to make a fresh.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
60	1	15	0	0	10