



Recipe Name: Bael Ka Sharbat Recipe - Wood Apple Squash Drink

Diet Type:

Course: Appetizer

Cuisine: North Indian Recipes

Quantity:

WOOD APPLE SQUASH (BEL KA SHARBAT)

easy and tasty recipe by Mom's Kitchen



Ingredients

Ingredient	Quantity
• 1 Wood apple (bael fruit)	2
• 2 tablespoons Jaggery - or sugar	
• Black Salt (Kala Namak) - to taste	
• 1 teaspoon Cumin powder (Jeera)	
• 1 Lemon juice	
• Mint Leaves (Pudina) - as required	
• Water - chilled	
• Ice cubes	

Preparation

- To begin making the Bael Ka Sharbat recipe, muddle the mint leaves and keep aside.
- Break open the fruit by hitting on the floor.
- Pour in some water and mash the pulp with your hands so as to sep.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	1	30	0	2	25