

Recipe Name: Drumstick Spinach Juice Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity: 1 cup



Ingredients

Ingredient	Quantity
• 2 tablespoons Arhar dal (Split Toor Dal)	4
• 1 cup Tamarind Water	
• Drumstick Leaves (Moringa/Murungai Keerai) - one bunch	
• 5 cloves Garlic - crushed	
• Salt - as required	
• Asafoetida (hing) - a pinch	
• 2 teaspoon Rasam Powder	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 sprig Curry leaves	
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Preparation

- To begin making Murungai Keerai Rasam Recipe wash the tur dal and pressure cook the dal along with some water for 3 whistles and turn off the flame.
- Now allow the pressure to release naturally.
- Open the lid of the pressure cooker and mash it.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
60	3	12	0	4	6