

Recipe Name: Watermelon Carrot Radish Juice Recipe
Diet Type:
Course: World Breakfast
Cuisine: Continental
Quantity:



Ingredients

Ingredient	Quantity
• 1 Watermelon - peeled and cubed	2
• 500 grams Carrots (Gajjar) - diced	
• 250 grams Mooli/ Mullangi (Radish) - diced	
• 1 pinch Salt	
• Lemon juice - to taste	

Preparation

- If you use a blender, then you will have to strain the juice to consume.
- Place the watermelon, carrots and radish in the juicer and blend to extract the juice.
- Once done, pour it into a glass jar, stir in a pinch of salt and squeeze some lemon to taste and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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