

Recipe
Drink of the day

Jal Jeera

Semanti



Ingredients

- Cumin seeds - 2 tablespoons
- Lemon - 2
- Coriander leaves - a fistful
- Mint leaves - a fistful
- Salt - to taste
- Sugar - to taste
- Water - as required

Instructions :

Dry roast the cumin seeds and grind to a fine powder.

In the blender add the fresh coriander, mint, juice from the two lemons, salt, sugar and 2 heaped teaspoons of the roasted cumin powder. Add 1/2 a glass of water. Blend.

Strain out the liquid.

Dilute to the desired taste and serve cold.

Makes 3 to 4 glasses