

## INGREDIENTS

- Cucumber Sliced - 1 Cup
- Water - 2 glass
- Roasted Cumin Powder - ½ teasp
- Rock Salt - ½ teasp
- Lemon juice - 1 tbsp
- Mint leaves (optional)
- Chia seeds / Sabja seeds - 1 tbsp

## PREPARATION METHOD

Wash cucumber and peel its skin and cut into pieces

Put cucumber in grinder jar.

Add rest of the ingredients and grind it

Sieve it in strainer. Add soaked sabja seeds and ice-cubes in serving glasses

Pour prepared cucumber juice and mix all well. Serve chilled

[DETAILED VIDEO](#)

### NOTES :-

Don't use bitter cucumber

Always taste cucumber before making juice