

## Raw Vegetable Juice



### Ingredients

- Beetroot
- Bottle Gourd
- Carrot
- Cabbage
- Cucumber
- Celery or Coriander Leaves  
About 20 grams
- Pineapple or apple or any fruits
- Betel Vine Leaf-1

### Preparation Guide

Leach all the raw vegetables and use a juice extractor or any other modes available to extract juice from the vegetables

### NOTE

This Juice helps in controlling cholesterol and helps in thinning the blood. All the ingredients (except for coriander leaves and betel vine leaves) should be added to this recipe in equal proportion; all these vegetables must be leached before the preparation of the juice.