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## How to prepare vegetable food with defined herbs for chronic kidney disease patients Rich in calcium, minerals, less proteins etc.

### Ingredients –

- |                             |   |  |
|-----------------------------|---|--|
| 1. Leached Vegetables       | - | As required (Except for green banana)  |
| 2. Onion                    | - | 1                                      |
| 3. Tomato                   | - | 1                                      |
| 4. Coriander Paste          | - | 1 tablespoon                           |
| 5. Mint Leaves Paste        | - | 1 tablespoon                           |
| 6. Green Chili              | - | 3                                      |
| 7. Ginger and Garlic Paste- | - | 1 tablespoon                           |
| 8. Garam Masala             | - | To taste                               |
| 9. Turmeric Powder          | - | ¼ teaspoon                             |
| 10. Water                   | - | 400 ml or 2/3rd of all the ingredients |
| 11. Ghee or butter          | - | ½ to 1 tea spoon tempering             |



### Preparation –

13. Chop the chilis, onion and the tomato (remove the seeds from the tomato)
14. Add all the ingredients in a pressure cooker and the water.
15. Cook on high flame for 3-4 whistles or until the curry is cooked. .( In other words, boil it for 20 to 25 minutes).