

Lemon/ Curry Leaves/ Turmeric calorie-free drink

(Recipe by Anju Kapadia)

Ingredients: 5-6 servings

- Two medium tomatoes finely chopped.
- Juice from two lemons (about two tablespoons)
- One teaspoons turmeric
- Half teaspoons mustard seeds
- Half teaspoon cumin seeds
- Green chilis to taste chopped fine
- Half inch piece of ginger pounded
- Eight to 10 curry leaves.
- Half teaspoon ground black pepper.
- One tablespoon ghee / or coconut oil.
- Salt to taste

Garnish

- Fresh coriander leaves

Preparation

Heat the ghee or coconut oil in the pan. When it is hot, add mustard seeds. As the seeds begin to crackle add cumin seeds. Turn the fire down add curry leaves, green chilies, chopped tomatoes, and the ginger. Once the tomatoes soften add one liter of water, raise the flame to boiling point and then slow it down to medium., add turmeric. Let the mixture simmer for 8-10 minutes, add salt. Add black pepper powder at the end. Before drinking, add a few drops of fresh lemon juice to each cup. You can store the drink in refrigerator for two days. Warm it, and add a few drops of lemon juice before drinking.

This drink has no calories and serves as very nutritious anti-inflammatory hot soup flavor.