

Fresh Jal Jeera

Ingredients for 5-6 small glasses

- * ½ cup of mint leaves
- * 1 cup of fresh coriander leaves
- * 2 inch by a 2inch piece of Ginger
- * 1 Green Chilli * 1 teaspoon roasted cumin seeds
- * 1 teaspoon black pepper powder
- * Lemon Juice – squeezed from 2-3 lemons
- * 1-inch piece of Jaggery
- * Rock salt to taste

Instructions: 1. Mix all ingredients in a blender with 5-6 glasses of water. 2. Let mixture sit for 1-2 hrs in room temperature. 3. Strain mixture and store in a jug in the refrigerator. Note: Adjust the taste of fresh jam jeera by adding or removing the amount of lemon juice, salt, chili, etc.