

# Beetroot Soup

## Beet Saar



- 1 large beetroot
- 1 cup water
- 2 pinch cumin powder
- 2 pinch pepper
- 1 pinch cinnamon
- 4 pinch salt
- Squeeze of lemon
- ½ tsp ghee

1. Boil the beetroot then peel.
2. Blend with the water and filter if desired.
3. Boil the mixture then add the remaining ingredients and serve.