

Beetroot & Lemon Juice

Beet Limbu Sharbat

- 1 beetroot
- 2 tsp lemon juice or to taste
- Salt to taste
- 2 tsp sugar or jaggery or to taste
- 1 cup water or to taste – as diluted as required

1. Peel beetroot and grind. Add water and stir.
2. Strain and add lemon, sugar and salt to taste.

