



## Aam pana - Summer favorite

Tell the story of the recipe...

### Ingredients

How many servings?

1-2 raw mangoes

leaves Mint

Cumin seeds powder

Salt

Black salt

### Steps

How long to cook?

- 1 Boil raw mangoes in a pressure cooker till 2
- 2 Once it's temperature is normal, peel off skin of mangoes & take out all pulp.
- 3 Grind mint leaves n mix with pulp.
- 4 Sieve this mixture adding water as & when required. This sieved out mixture will be concentrate for aam pana
- 5 To consume, take 1-2 tbsp of concentrate in a mug, add salt, rock salt, cumin seeds powder & water to it. Stir well
- 6 During summers, consume it anytime.

