

NELLIKAI JUICE / GOOSEBERRY JUICE



Nellikai juice / gooseberry juice / Amla Juice is a refreshing juice good for weight loss. Regular intake of this nellika juice helps to control blood sugar level.. This gooseberry juice is good for diabetes patients. So I call this juice as Anti-diabetic juice. In nellikai juice, for sweetness, you can

add sugar or jaggery or brown sugar in place of honey.

During my childhood memories, let me tell you how I eat, dipping gooseberries in red chilly powder and salt mix, is just tastes awesome. Also I enjoy the gooseberry sweet taste that dances in my tastebuds along with water. Let us learn how to make gooseberry juice at home.

Health Benefits Of Gooseberry Juice

- Rich in vitamin C, a powerful antioxidant which helps to prevent lot of diseases.
- Helps in digestion, glowing skin, hair growth and improves eye sight.
- Improves protein metabolism.

How to make gooseberry juice / amla juice at home

Preparation Time : 10 mins Cooking time : 10 mins Serves : 2

Ingredients for nellikai juice

- 10 Gooseberries, Chopped
- 1/2 Inch of Ginger
- Pinch of salt
- 1 Tsp of Honey or to taste
- Water as needed

Method to make gooseberry juice

- Wash and chop the gooseberry into pieces. Remove the seed from the fruit.
- Place the chopped gooseberry pieces, ginger into blender and add little water, grind it until smooth.
- Strain the juice through strainer. Press the pulp using

- spoon and remove as much juice as possible.
- Add honey and salt to the juice and mix well.
 - Serve gooseberry juice immediately.



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