

Kanji (Indian Probiotic Drink)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-style-beets-recipe>

Ingredients:

- 1 tablespoon brown mustard seeds crushed
- 5 carrots large, peeled
- 1 beet large, peeled
- 7 cups water filtered, or enough to cover the vegetables
- 1 tablespoon fine sea salt

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 10 grams
3. Fat: 0.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 1860 milligrams
7. Sugar: 5 grams

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