

Ingredients

Quantity	Measure	Ingredients	Description
2	Tablespoon	Coconut scraped (fresh)	
	As Required	Coriander Leaves (Kothmeed)	Cleaned, Washed
	As Required	Lime Juice	For taste.
1	Tablespoon	Pea Nuts (Ground Nuts)	Without extra oil
1/4	Kilogram	Pumpkin, (Bottle Gourd, Laal)	Peel the skin
	As Required	Sugar	for taste. Or honey
1	Tablespoon	Teel. (Sesame Seeds)	

Method

Roast teal and peanuts and powder them coarsely. Mix all the ingredients and toss well. Sprinkle salt, or sugar or honey as per your choice and garnish with finely chopped coriander leaves.