

## Jamoon and Tender Coconut Water

Written by Mother's Touch

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### Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Medium	Coconut tender	Extract v
8	Large	Jamoons (Ripe Fruit)	De-seed and tal
	As Required	Sugar	to taste
A	Few	Mint Leaves (Pudina)	Clean and pluck
	As Required	Salt	to taste

### Method

Remove pulp from the Jamoons, and add the coconut pulp, tender coconut water and the jamoons in a mixer and blend.

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Strain and add a glass of chilled water to the mixture and add sugar or salt to taste and serve.  
Garnish the drink, with fresh mint leaves.