

Aam Panna



Food Item	Quantity
Raw mangoes/ green mangoes	3 medium
Jaggery Powder	1-2 tbsp
Pink Salt	1 tsp
Black Pepper Powder	1/2 tsp
Mint Leaves (crushed/ paste)	5-6
Cumin Seed Powder	1/4 tsp

Serving Size: 1

Procedure:

- Take a pressure cooker, add the mangoes, jaggery and enough water to cover them. Pressure cook them for 4-5 whistles.
- Remove the steam and cool down the cooked mangoes completely.
- Peel the mangoes and extract the soft pulp from them.
- Add the pulp into a jar. Add salt into it and stir well.
- Add black pepper powder and roasted cumin seeds powder.
- Now add crushed mint leaves or mint leaves paste into it.
- At the time of drinking, add 2 tbsp of this concentrate to water and relish.

Nutritional Info:

Fats	
Carbohydrates	

Proteins	
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