

### Ingredients

Quantity	Measure	Ingredients	Description
1/2	Teacup	Almonds	blanched and soaked
5	Nos	Cardamoms	crushed
1/2	Teaspoon	Ginger	chopped
3	Nos	Mint Leaves (Pudina)	

### Method

- 1) Soak the almonds overnight in water and remove the outer brown skin of the almonds. Grind the almonds in a blender along with the ginger. Add a little water to obtain a paste like consistency.
- 2) Add the water, cardamoms, and sugar to the paste. Mix thoroughly.
- 3) Cook the mixture over a low flame until the sugar has dissolved.
- 4) Remove from the flame and pass the mixture through a strainer.
- 5) Serve chilled garnished with the mint leaves.