



How-To Cook A Delicious Ridge Gourd Smoothies Recipe Now

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How-To Cook A Delicious Ridge Gourd Smoothies Recipe Now as Ridge gourd is a nutritious vegetable that can be used to make delicious and healthy smoothies.

Here are some tips and recipes for preparing ridge gourd smoothies:

Wash & Cut Pieces

To prepare ridge gourd for a smoothie, you need to wash it thoroughly and cut it into small pieces. You can peel the skin if you prefer, as it may have a bitter taste. [You can also remove the seeds if they are too hard or fibrous](#)

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Blending With Fruits

You can add ridge gourd to your blender along with other fruits, vegetables, nuts, seeds, milk, yogurt, honey, or any other ingredients



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you like. Blend until smooth and enjoy your ridge gourd smoothie!

Some possible combinations of ingredients for ridge gourd smoothies are:

- [Ridge gourd, carrot, orange, ginger, and honey¹](#)
- Ridge gourd, banana, spinach, almond milk, and flax seeds
- Ridge gourd, apple, cucumber, mint, and lemon juice
- Ridge gourd, mango, coconut milk, and cardamom
- Ridge gourd, pineapple, yogurt, and vanilla extract