

# Ways To Have Jamun

## During Pregnancy



### Jamun In Your Diet

- Have it as a healthy fruity snack on its own.
- Use it as a flavoring agent in your plain water or beverage.
- Slice and add it to your favorite salads.

### Easy Jamun Recipes To Try



#### Jamun Juice



#### How to prepare:

- Separate the seeds and add the pulp to the blender with jaggery powder, black salt, and chilled water.
- Blend until you get a juice-like consistency, and enjoy.



#### Jamun Chia Pudding



#### How to prepare:

- Soak chia seeds in coconut milk and honey and wait for the seeds to swell up.
- Add deseeded jamuns to the chia seed mixture, stir it to mix everything, and top it with nuts.