



Digestive Tea-Cumin, Coriander, Fennel

This digestive tea is a simple Ayurvedic herbal tea designed to support agni and healthy digestion.

Servings: 2

Preparation Time: 20 minutes



Ingredients

- 1/2 teaspoon **cumin seeds**
- 1/2 teaspoon **coriander seeds**
- 1/2 teaspoon **fennel seeds**
- 6 cups of water

Instructions

- The seeds can be dry roasted until you can smell their fragrance, then add the water and boil for 15 minutes.
- If the dry roasting feels too difficult, just add these seeds to the water and boil for 15 minutes.
- If this even feels like a difficult process, just steep the seeds in hot water.
- Can be taken to aid in digestion. Helpful 1 hour before meal, 1 hour after meal, or sipped throughout meal.
- Variation: Add fresh sliced or grated ginger with the seeds.

Digestive Tea (Cont.)



This formula is excellent for all 3 doshas to ease gas and bloating.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

