



# CCF Tea Recipe:

## Cumin, Coriander, Fennel

This refreshing tea offers many healing benefits for the digestive system, including helping to reduce heartburn, reflux, gas, and bloating.

### Ingredients

- ¼ teaspoon whole cumin seeds
- ¼ teaspoon whole coriander seeds
- ¼ teaspoon whole fennel seeds
- 1½ cups water

### Instructions

Bring the water to a boil and add the cumin, coriander, and fennel seeds. Let steep for five minutes or until the tea cools to your desired drinking temperature.

Strain the tea to discard the spices and serve.