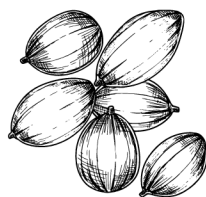


Ayurvedic Tea



Cumin Seeds
1 teaspoon



Coriander Seeds
1 teaspoon



Fennel Seeds
1 teaspoon

Directions:

Add the seeds to a cup.
Heat 8 ounces of water. Pour it in the cup.
Allow the tea to steep for 5 minutes.
Strain the seeds.