



Detox Vaat Tea

Serving: 1

Veg

Ingredients

- -1/2 tsp fresh grated ginger
- -1/2 tsp ground cinnamon
- -1/2 tsp cardamom powder
- -1/2 tsp ajwain OR Carrom seeds

Preparation Method

- -In a pot of boiling water , add all ingredients .
- -Simmer for 5 minutes , strain ,Drink