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Serving: 1 Veg

## Ingredients

- $-\frac{1}{2}$  tsp fresh grated ginger
- $-\frac{1}{2}$  tsp ground cinnamon
- $-\frac{1}{2}$  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