



Fennel -mint tea

Serving: 1

Veg

Ingredients

- fennel 1 tsp
- mint leaves 3-4 Crushed
- 1 tsp grated ginger

Preparation Method

- Take 1 tsp fennel seeds , 3-4 crushed mint leaves and 1 tsp of grated ginger in 300 ml of water .Boil it reduces to half .Strain and drink
- put all together in 300 ml of water .Boil Till it reduces to half .
- strain and sip it hot