



## Kapha detox tea

Serving: 1

Veg

### *Ingredients*

- -1/2 tsp dill seeds
- -1/2 tsp dry ginger powder
- -1/2 tsp methi seeds
- -1 clove

### *Preparation Method*

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