



Lemon grass fennel tea

Serving: 1

Veg

Ingredients

- lemon grass 2 strands
- grated ginger 1 tsp
- fennel seeds 1 tsp
- cardamon powder 1/2 tsp
- lemon juice 1 /2 tsp

Preparation Method

- Take 2 strands of Chopped of lemon grass and inch of grated ginger
- 1 tsp fennel seeds and 1/2 tsp cardamon Powder
- Boil in 200 ml of water till it reduces to half
- strain ,squeeze some lemon to it and sip it hot