



Digestive Tea

Serving: 1

Veg

Ingredients

- 1 Teaspoon Cumin Seeds
- 1 Cardomom
- 1 Teaspoon Fennel Seeds
- Small pinch Carrom Seeds

Preparation Method

- Add all ingredients in 500 ml water.
- Boil it and bring to half.
- Drink it Lukewarm.