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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