



Tummy tucker decoction

Serving: 1

Veg

Ingredients

- 1/2 tbsp - grated ginger
- 1/2 tbsp ajwain
- 5-6 mint leaves
- 1/2 tsp haldi powder
- 1 " Cinnamon stick

Preparation Method

- Boil all together in 500 ml water for few minutes , cool it , strain in a glass jar and keep in fridge. (take - 100 ml at one time)