



Pith detox tea

Serving: 1

Veg

Ingredients

- -1/2 tsp coriander seeds
- -1/2 tsp cumin / jeera
- -1/2 tsp fennel seeds
- -Sprigs of coriander
- -4-5 petals of rose (fresh)

Preparation Method

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