Veg



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Tummy tucker decoction

Ingredients

- 1/2 tbsp grated ginger
- 1/2 tbsp ajwain

Serving: 1

- 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)