



Sage Decoction

Serving: 1

Veg

Ingredients

- Pinch of haldi
- Amba Haldi Fresh Grated
- Grated ginger -1/2 tsp
- Cinnamon - pinch
- Sage Leaves- 5-8 (you can buy sage leaves from nature basket. both fresh and dry are fine)
- Clove -1

Preparation Method

- Take 1 glass of water add all the ingredients
- Boil it, strain it, drink it