

CCF Tea Mix Recipe

This recipe is a traditional Ayurvedic tea to support digestion. Mix the herbs in advance for a quick tea when you need it.

Ingredients:

- 1 Jar of Organic Cumin
- 1 Jar of Organic Coriander
- 1 Jar of Organic Fennel



Equipment:

- ✓ Pint glass canning jar and lid
- ✓ Spoon
- ✓ Measuring cup

Instructions:

1. Measure equal parts by volume of cumin, coriander and fennel into a glass jar
2. Mix well with a spoon. Ideally you want equal parts by volume of each herb in each cup of tea.
3. Seal in a tight container for freshness.
4. Keep in a cool dark place for ongoing use.

CCF Tea

Ingredients:

- 2 teaspoons of CCF Tea mix
- 2 cups water
- Honey (optional to taste)

Directions:

- In a small sauce pan, Add 2 teaspoons of CCF Tea to 2 cups of water.
- Bring to a boil,
- Reduce heat and let the tea simmer for 5 minutes.
- Remove from heat, strain into your tea mug.
- Add honey to taste and enjoy!