



MEDICINAL HERBAL TEA

DIGESTIVE BLEND

INGREDIENTS

- 1 teaspoon peppermint (dry or fresh)
- 1/2 teaspoon fennel seeds (dry)
- 1 thumb of ginger, chopped **or** 1/2 teaspoon dried

METHOD

Combine herbs together in a small teapot or large mug and steep in hot water for 5 to 10 minutes.

This blend will aid digestion after a large or heavy meal, in cases of bloating, flatulence, or simply when a relaxing herbal brew is desired.



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