



CCF TEA RECIPE (WITH GINGER):

INGREDIENTS:

- 4 cups water
- 2 tsp fennel seed whole
- 2 tsp coriander seed whole
- 1 tsp cumin
- 1 tsp dry ginger (can be replaced with 1" cube of fresh grated ginger)

DIRECTIONS:

1. Boil the water and then reduce to a warm/low heat.
2. Steep the spices for 10-15 minutes and then strain.
3. Drink 1-3 cups of this tea daily before or between meals.