



## SWEET FENNEL INFUSION

Vata↓, Pitta↓, Kapha↓↑

**Makes:** 4 cups (1 quart)

**Prep Time:** 15 to 20 minutes

### INDICATIONS

- Excessive heat
- Hot flashes
- High Pitta
- Digestive issues such as gas, bloating, and hyperacidity
- Cranky hunger or “sharp” appetite
- Summertime
- Menstrual cramps
- Postpartum healing
- Scanty breastmilk production

### INGREDIENTS

- 6 cups water
- 2 tablespoons fennel seed, whole
- 2 tablespoons coriander seed, whole
- 1 teaspoon hulled cardamom, whole
- 5 Khajoor (dates), pitted and chopped (use 3 for Kapha)

### DIRECTIONS

1. Heat water in a medium to large saucepan and bring to a boil.
2. Reduce heat to a low simmer and add in fennel, coriander, cardamom, and Khajoor.
3. Steep here, covered but leaving a crack for evaporation. It is done when 4 to 5 cups of liquid remain, about 30 minutes. Stir occasionally.
4. Strain into a glass vessel.
5. This refreshing drink is taken warm or at room temperature for best results. However, during the summer, it can be slightly chilled (but not too cold please!).
6. Drink one to two cups daily to balance heat, reduce Pitta, and stimulate digestion.
7. Refrigerate leftovers in an airtight glass jar for up to 7 days.