

Cumin Coriander & Fennel Tea

CCF TEA

When your digestion seems too heated, cooling herbs and spices are needed. In Ayurveda, we typically use cumin, coriander, cilantro, and fennel to cool a digestive fire that is too strong. This CCF tea can be sipped throughout the day. The CCF tea is great for dispelling digestive gas, too.

Ingredients:

- ¼ teaspoon whole cumin seeds
- ¼ teaspoon whole coriander seeds
- ¼ teaspoon whole fennel seeds
- 1½ cups water

Instructions:

Bring the water to a boil.

Add the cumin, coriander and fennel seeds.

Let steep for five to ten minutes or until the tea cools to your desired drinking temperature. If desired, strain the seeds and serve.

Store in the refrigerator, if not used within 2 hours.

This tea may be consumed cold, too.



Photo Credit: JoEtta Heck

Recipe Credit: The Chopra Center 2018