



HEALING GARDENS
OF AYURVEDA

CCF Tea

WHY CCF?

These simple digestive seeds have powerful properties that help the gut detox.

Drinking them as a tea is a great way to get a mild detox effect while stimulating your digestive system!

Its delicious nutty flavor makes it a tasty beverage between meals.

WHAT IS IN IT?

- ✓ Seeds of cumin
- ✓ Coriander
- ✓ Fennel in equal quantities

Variations: you can add ginger root for a deeper digestive effect and a kick in the taste!

You can also add ajwain seeds to help get rid of gas and bloating.

HOW TO MAKE IT?

Boil 1 Tbsp of the mixture for 5 minutes until it turns a deep golden color and sip through the first half of your day!

Or steep the seeds in boiling water for 10 minutes and drink.

GOOD TO REMEMBER

CCF Tea will improve your digestion and ignite your appetite!

So don't overdo it or drink it too late in the day, or after dinner... it will make you hungry!

