

## **Cumin, Coriander & Fennel (CCF) Tea**

### **Ingredients**

½ teaspoon whole cumin seeds

½ teaspoon whole coriander seeds

½ teaspoon whole fennel seeds

2 cups of water

### **Instructions**

- 1) Boil the water in a small saucepan.
- 2) Add the seeds once the water is boiling.
- 3) Reduce the heat to low, cover, and simmer for about 5–10 minutes.
- 4) Strain the tea to remove the seeds.