



Fenugreek Appetite Control Tea

*A simple, nourishing herbal tea to help support
satiety and healthy glucose metabolism.*

INGREDIENTS:



1 tablespoon
fenugreek seeds



2 cups water



Juice of ½ lemon

INSTRUCTIONS:

- 1 Soak fenugreek seeds overnight.
- 2 In the morning, strain the water.
- 3 Add lemon juice and stir.
- 4 Drink before breakfast.

Fiber from fenugreek
may help promote
satiety.

Traditionally used to
support healthy
glucose metabolism.

Herbal Tip:

Fenugreek seeds are rich in
soluble fiber, which may help
support feelings of fullness
and appetite control.

*Eat Well
Feel Well
Live Well*



Look for more herbal recipes and remedies on my website!

