

Everything HERBAL

by Cheryl Jabez

Nourish
Your Body
Lift Your Spirits!

DIGESTION & DETOX SUPPORT

“Do you not know that your body is a temple of the Holy Spirit within you? You have been given by God, and you are not your own.”

— 1 Corinthians 6:19 (NIV)

Bubbie's Daily Cup of Tea

LEMON GINGER MINT FENNEL TEA

A refreshing, healing blend to soothe digestion, reduce bloating and bring comfort to your body and soul!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 tsp fresh ginger, sliced (or 1 tsp dried ginger)
- ♥ 1 tsp fennel seeds
- ♥ 1 Tbsp fresh mint leaves (or 1 tsp dried mint)
- ♥ 1 lemon, sliced
- ♥ 1–2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add ginger and fennel seeds. Simmer for 5–10 minutes.
- 3 Remove from heat and add mint leaves.
- 4 Steep for 5 minutes.
- 5 Add lemon slices.
- 6 Strain into cups. Sweeten with honey if desired. Stir and enjoy!

SCAN & VISIT



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Bubbie's TEA TIP

Sip this tea after meals to help with digestion, reduce bloating, and support a happy tummy. It's also a wonderful tea to enjoy in the morning for a fresh start or in the evening to unwind.

GOOD TO KNOW

Ginger may help ease nausea and aid digestion. Fennel seeds can reduce bloating and support digestive health. Mint helps soothe the stomach and freshens breath. Lemon adds vitamin C and helps detoxify the body naturally.

Source: Mayo Clinic – Ginger; Fennel; Mint; Lemon