

EVERYTHING *Herbal*

by Cheryl Jabz

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Fenugreek Cinnamon Weight Friendly Drink



BENEFITS

Hydrating and caffeine-free. Fiber from fenugreek may help support fullness. Pleasantly warming flavor.



INGREDIENTS

- 1 tsp fenugreek seeds
- ½ tsp cinnamon
- 2 cups water
- Optional: lemon slice



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INSTRUCTIONS

- 1 Simmer fenugreek seeds and cinnamon in water for 10 minutes.
- 2 Strain and serve warm.
- 3 Add lemon if desired.



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