



Everything Herbal

by Cheryl Jabz

Sick Tea

*A warming blend for congestion
and digestive comfort.*

INGREDIENTS

- ✓ Fresh ginger
- ✓ Peppermint
- ✓ Cinnamon stick or ground cinnamon
- ✓ Roasted coriander seeds
- ✓ Water

INSTRUCTIONS



Simmer all ingredients in water
for 10–15 minutes.



Strain and drink warm.

Tip: Enjoy warm for soothing comfort.



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