



Sip Well
Feel Full
Live Well

Ginger Cinnamon Appetite Support Tea



BENEFITS:

May help reduce cravings.
Supports digestion.
Naturally caffeine-free.

INGREDIENTS:



2 cups water



1-inch piece fresh ginger, sliced



1 cinnamon stick
(or ½ tsp ground cinnamon)



Juice of ¼ lemon (optional)

INSTRUCTIONS:

1

Bring water to a boil.



2

Add ginger and cinnamon.



3

Simmer 10 minutes.



4

Strain and add lemon
if desired.



HERBAL TIP:

Enjoy a cup 20–30 minutes before meals
to help support appetite control and
promote a feeling of fullness.



A GENTLE REMINDER:

This tea is a supportive addition to a healthy
lifestyle and balanced diet. Consult your
healthcare provider if you have any concerns.



Look for more herbal recipes and remedies on my website!

