

EVERYTHING *Herbal*

by Cheryl Jabz

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Fenugreek Honey Lemon Tea

*Soothing and hydrating.
Supports digestion.
Refreshing citrus flavor.*



INGREDIENTS

-  1 tsp fenugreek seeds
-  2 cups water
-  1 tbsp honey
-  Juice of ½ lemon

INSTRUCTIONS

-  Simmer fenugreek seeds in water for 10 minutes.
-  Strain into a mug.
-  Stir in honey and lemon juice.
-  Serve warm.



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