



EVERYTHING HERBAL

— by Cheryl Jabz —



Prune Cinnamon & Senna Tea

BENEFITS

Prunes contain natural sorbitol that helps draw water into the bowel. Cinnamon supports digestion. Senna is a stimulant herb that can promote bowel movements.



INGREDIENTS



4 dried prunes, chopped



½ teaspoon cinnamon



½ teaspoon dried senna leaves



2 cups water

INSTRUCTIONS

- 1 Simmer prunes and cinnamon in water for 10 minutes.
- 2 Remove from heat.
- 3 Add senna and steep 5 minutes.
- 4 Strain and drink before bedtime.



SUGGESTED USE:
Drink before bedtime.



NOTE: Senna should be used only occasionally, not daily, unless advised by a healthcare professional.

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