

EVERYTHING *Herbal* by Cheryl Jabz

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Fresh Dill Digestive Tea

Great after meals for bloating relief

INGREDIENTS:

- 1 tsp fresh dill leaves or seeds
- 1 cup hot water

INSTRUCTIONS:

Pour hot water over dill. Steep for 8–10 minutes. Strain, add lemon or honey if desired, and sip warm.

Optional: slice of lemon, drizzle of honey



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