



Simple • Natural • Homemade

FENUGREEK'S

3 Most Popular Recipes

Fenugreek is a nourishing herb with a slightly sweet, maple-like flavor. It supports digestion, helps balance blood sugar, promotes lactation, and adds depth to both savory and herbal creations.



1



Supports
Digestion &
Blood Sugar
Balance

FENUGREEK TEA

Ingredients:

- 1 teaspoon fenugreek seeds
- 2 cups water
- Honey or lemon (optional)

Instructions:

- Lightly crush fenugreek seeds.
- Bring water to a boil.
- Add seeds and simmer for 10–15 minutes.
- Strain and enjoy warm. Add honey or lemon if desired.

Benefits: Aids digestion, helps balance blood sugar, and may support milk production in nursing moms.

2



Nourishing
& Great for
Daily
Wellness

FENUGREEK LEAF PARATHA

Ingredients:

- 1 cup fresh fenugreek leaves, chopped
- 1½ cups whole wheat flour
- 1 green chili, finely chopped
- ½ tsp turmeric powder
- ½ tsp salt
- Water as needed
- Ghee or olive oil for cooking

Instructions:

- Mix all ingredients and knead into a soft dough.
- Roll into flatbreads.
- Cook on a hot skillet with ghee or oil until golden on both sides.
- Serve warm with yogurt or chutney.

Benefits: High in iron and fiber, supports digestion, detoxification, and hormone balance.

3



Soothing for
Skin & Hair
Health

FENUGREEK INFUSED OIL

Ingredients:

- 2 tablespoons fenugreek seeds
- 1 cup carrier oil (olive oil, coconut oil, or jojoba oil)
- Glass jar with lid

Instructions:

- Lightly crush the seeds.
- Add seeds to oil in jar.
- Place in a sunny spot for 7–10 days, shaking daily.
- Strain and store in a dark bottle. Use for skin or hair.

Benefits: Helps nourish skin, reduce inflammation, and strengthen hair. Great for dry scalp and dull hair.

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by Cheryl Jabz



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