

EVERYTHING *Herbal*

— by Cheryl Jabz —

www.EverythingHerbalbyCherylJabz.com

Fenugreek Maple Tea

Warming and soothing • May support digestion • Naturally caffeine-free



BENEFITS

Warming and soothing.
May support digestion.
Naturally caffeine-free.



INGREDIENTS

- 1 tsp fenugreek seeds
- 2 cups water
- 1 tsp honey (optional)
- Lemon slice (optional)



INSTRUCTIONS

- 1 Bring water to a boil.
- 2 Add fenugreek seeds and simmer for 10 minutes.
- 3 Strain into a mug.
- 4 Add honey or lemon if desired.

*A simple, nourishing tea
rooted in tradition.
Sip. Soothe. Restore.*



Scan for
more herbal
recipes



Download This Recipe

Print • Save • Share