



10 Day Alkaline Challenge

Menu Plan - Day 9 - Recipes

Drinks

Winter Digestive Tea

INGREDIENTS:

- 2 cups water
- 1/2 inch piece of fresh ginger
- 1/2 tsp cumin seeds
- 1/2 tsp fennel seeds
- 1/2 tsp cinnamon



METHOD:

1. Bring 2 cups of water to a boil in a small saucepan. Coarsely chop the ginger and add to the water (don't worry about removing the skin).
2. Add the cumin seeds, fennel seeds and cinnamon to the water. Reduce the heat to low and simmer 10 minutes longer if you prefer a strong flavour
3. Strain hot tea into two mugs for serving. Take 6 ounces with or after meals

NUTRITIONAL NOTE: This tea is a true winter warmer for the body. Cumin is known for its ability to help the body eliminate mucus - especially helpful in late winter when mucus begins to accumulate.

