Cumin, coriander, fennel are famous digestive spices, and when brewed together as a tea they make the perfect addition to an Ayurvedic lifestyle. CCF Tea directly stimulates the digestive system, supporting the body's natural ability to breakdown natural toxins in the GI tract. CCF Tea is great to enjoy before, during, or after meals to encourage absorption and assimilation of food nutrients. CCF Tea provides support for the natural detoxification process.

This delicious tea is gentle enough for daily enjoyment, and traditional Ayurvedic households will keep a fresh batch brewed at all times for sipping throughout the day. CCF Tea can be added to a thermos to take on the go, or stored in an airtight container in the refrigerator for up to three days. Usually you'll want to enjoy your tea warm, but in the summer try letting it cool to room temperature and add a squeeze of lime or lemon for a refreshing Ayurvedic tonic.

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**CCF Tea Recipe**

**Ingredients:**
- Cumin seed
- Coriander Whole Seed
- Fennel Whole Seed

**Instructions:**
- Place 2 tBS of each seed into a grinder, grind. Combine 2 teaspoons of this CCF Tea with 2 cups of water. Bring to a boil, then reduce heat and let the tea simmer for 5 minutes. Remove from heat, strain, and serve!
- CCF Tea can be made in larger batches at the ratio of 1 teaspoon per 1 cup of water. For a stronger brew, boil the tea for 10 minutes.

***Please consult with your health care practitioner prior to the use of this product if you are pregnant or nursing, taking medications, or have a medical condition. Keep out of the reach of children.***