



CCF PURIFYING TEA



Tags: [Pitta](#), [Spring](#), [Summer](#), [Vata](#)

Prep Time: 15 Min

Cook Time: 10 Min

Serves: 2

Directions:



1. Place all the ingredients in a pot, bring to a boil, reduce heat, and simmer for fifteen minutes.
2. Remove from heat and strain.
3. Store the tea in a thermos or in the refrigerator, but do not drink it cooler than room temperature.

Ingredients:

1 quart of purified water

1 teaspoon whole cumin seed

1 teaspoon whole coriander seed

1 teaspoon whole fennel seed

CCF tea, Cumin, Coriander, and Fennel is one of the simplest and most famous Ayurvedic formulas. It contains a blend of carminative herbs that cleanses the lymph, and dispels gas, bloating, and heartburn. It aids in the digestion and assimilation of nutrients while calming and soothing an upset tummy. It is also wonderful for improving circulation and reducing water retention while calming and bringing clarity to a busy mind.

Is it beneficial to drink warm, before, during, or just after eating and is good for everyone! Even my kids drink this when their tummies don't feel right.