

## CCF Tea

### Ingredients

1/2 cup Organic fennel seeds  
1/2 cup Organic cumin seeds  
1/2 cup Organic coriander seeds

- 1) Warm a large skillet on medium
- 2) Place seeds in the pan and toast 3-5 minutes until aromatic. Do not leave the kitchen!  
It is easy to burn the seeds.
- 3) Let the seeds cool and then store in a clean, glass jar.

### To make CCF Tea

### Ingredients

4 cups water 4 tsp CCF Tea

- 1) Bring seeds and water to a boil together.
- 2) Bring down to a gentle simmer for 5 minutes or so
- 3) Strain into a thermos and drink throughout the day.