

## Herbal Purification Tea

### Ingredients

1/2 cup licorice root  
1/4 cup fenugreek seeds 1/4 cup ginger root  
1/4 cup coriander seeds 1/4 cup fennel seeds

- 1) Mix all ingredients in a glass container
- 2) To make the tea, boil 1 cup water with 1 tsp herbal blend
- 3) Bring to boil and simmer, covered, for 7 - 10 minutes
- 4) Strain out the herbs

\*Can make up to 4 times as much and keep in a thermos to drink throughout the day.