

How-To Make an Easy Detox Drink

by Beena Chopade

Ingredients:

- * 1/2 teaspoon of coriander seeds
- * 1/2 teaspoon of fennel seeds
- * 1/2 teaspoon of thyme seeds
- (Bonus Detox Drink - * 1/2 teaspoon of fenugreek seeds)

Instructions:

1. Add all the seeds to a glass of water.
2. Let sit overnight or up to 24 hours.
3. Strain and drink.

Bonus Detox Drink-

- * Add half a cup of water to the fenugreek seeds and let sit over night or up to 24 hours. Drink the water and eat the seeds.
- * Enjoy the calm that follows!

