



BLOATING RELIEF TEA

A gentle herbal infusion to ease digestion and calm a bloated belly.

This soothing blend of fennel, ginger, and peppermint helps relax the digestive tract, reduce gas, and support smoother digestion after meals.



Ingredients

- 1 tsp crushed fennel seeds (just bruise them a bit)
- ½ tsp grated fresh ginger (or a few slices)
- 5–6 fresh peppermint leaves (or 1 tsp dried)

Optional: pinch of coriander seeds and/or chamomile flowers

Instructions

1. Pour 2 cups of boiling water over the mix.
2. Cover and steep for 10–15 minutes.
3. Strain and sip slowly after meals or when bloated.