

NEW MOTHER'S TEA



INGREDIENTS:

- 1 handful of stinging nettle leaf
- ½ Tbsp fennel seeds
- 1 handful of red raspberry leaf (optional)

This pleasant-tasting tea may help increase milk production in postpartum mothers thanks to the combination of herbs which can provide support beyond breastfeeding. Stinging nettles offer gentle support for the adrenal glands and relief from seasonal allergies. Fennel seeds are great for digestive support and decreased gas in both mom and baby, especially if there is colic. And in the weeks after birth, red raspberry leaf can help nourish and tonify the uterus.

DIRECTIONS

1. Bring 1 quart of water to a boil and add the stinging nettle, fennel seeds and optional red raspberry leaf.
2. Turn off the burner and let it steep for 15-30 minutes, then strain.
3. Drink warm or cold. Once it cools down, store it in the refrigerator to prevent spoiling.
4. Drink 1-4 cups per day.

Recipe by Sara Russell, Ph.D., FNTF