

## ***Soothing tea***

***Serves 2***

*This tea is perfect for after dinner especially if you suffer from bloating. Mint offers relief by loosening the valve that connects your oesophagus to the gut and fennel has been used for centuries in many cultures as a traditional digestive aid (particularly Indian). If you regularly suffer from indigestion and bloating then try eating little and often. Get into the habit of eating slowly and mindfully, chewing your food properly so as to not put too much strain on your digestive system.*

### ***Ingredients***

*1 tsp fennel seed*

*1 tsp caraway seed*

*1 handful fresh mint leaves*

### ***Method***

- 1. Steep ingredients in boiling water for 5-10 minutes then serve.*

*This tea looks really effective served in a clear glass teapot and cups*

