

# After Dinner Digestion Tea

simple recipe

## Ingredients

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- 1 part spearmint
- 1/4 part dried licorice root (ground)

## Directions

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1. Chop up the spearmint into small pieces and add it to the ground licorice root.
2. Steep in water that is just under a boil.
3. Add honey if you prefer it a little more sweet.

## Notes

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Enjoy this after a heavy meal. Licorice and peppermint both aid and improve digestion. Licorice also benefits the airway and gastrointestinal health.

