

Fennel and Star Anise Tea

Ingredients:

- 1 tablespoon fennel seeds
- 2 whole star anise pods
- 4 cups of water
- 1 tablespoon honey or a sweetener of choice (optional)
- A slice of lemon for garnish (optional)

Instructions:

1. In a small pot, bring the water to a boil.
2. Add the fennel seeds and star anise pods to the boiling water.
3. Lower the heat and let the mixture simmer for about 10-12 minutes, allowing the flavors to infuse.
4. Strain the tea into cups.
5. Add honey or a slice of lemon if desired.
6. Serve hot and enjoy the aromatic blend of fennel and star anise.

Nutritional Breakdown per Cup (without sweetener):

- **Calories:** 10 kcal
- **Carbohydrates:** 2 g
- **Protein:** 0.4 g
- **Fat:** 0.1 g
- **Fiber:** 1 g
- **Sugars:** 0 g
- **Sodium:** 5 mg