

MOTHER'S MILK TEA

For nursing mothers, to increase breastmilk production, drink 3 cups daily (or enough to make your B.O. smell like spices).

- 3 cups water
 - 2 anise stars, crushed with pestle
 - 1 tsp whole fenugreek
 - 1 tsp fennel seeds
 - 1 Sleepytime tea bag
 - Broken cinnamon stick, optional
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1. Bring water to boil.
 2. Steep all ingredients.
 3. Strain and serve hot.