

Non-glorious, cooling fennel water

Ingredients

- Green tops of the fennel bulb
- Water
- Pinch Himalayan crystal salt



Preparation

Dissolve the salt in a small amount of warm water. Place the fennel tops in a 32 oz mason jar. Add water and the dissolved salt. Let sit for 30 min. Drink throughout the day. Use the remainder of the fennel bulb in a stir fry, raw salad or smoothie. Enjoy!

Food Wisdom

You may wonder why you need a recipe for such a simple drink. Well, you don't. But would you have thought of doing this otherwise?

Fennel has a cooling effect on the body and is thus wonderful for hot summer days or when feeling overheated in general. It also cools an overheated mind.

Himalayan crystal salt is high in trace and macro minerals which are important for keeping your bones, muscles, heart, and brain working properly. Salt also enhances the natural flavor in food.



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