

Dandelion Tea

Ingredients

- 1 teaspoon dried dandelion root (or leaves for a lighter tea)
- 1 cup water

Instructions

1. Place dandelion root in a saucepan with water.
2. Bring to a boil and simmer 10 minutes.
3. Strain into a cup and serve warm.

Benefits

- Natural liver detox support.
- Acts as a gentle diuretic (reduces water retention).
- Supports digestion and gut health.

Warnings

- May interact with diuretics and blood pressure medications.
- Can cause allergies in people sensitive to ragweed.

- Always consult a healthcare provider before regular use.