

Bitter Digestive Pastilles

COMBINE

½ tsp Angelica root powder

¼ tsp gentian root powder

¼ tsp coriander powder

¼ tsp orange peel powder

¼ tsp ginger powder

1/8 tsp black pepper (freshly ground)

1 tsp honey

Coating: 1 tsp fennel powder

1/8 tsp fine sea salt