

Herbal Bites for Nausea and Motion Sickness

1 Cup dried apple powder
1 Cup concentrated ginger tea
1 tsp. Cinnamon powder

Follow the instructions in the newsletter on Herbal Bites and dry until solid.
This will be good for nausea during pregnancy, or any time for motion sickness, gas and bloating.

Store in an airtight container.

Recipe by Jo Francks