

CARDAMOM COFFEE

I hear from women often that they are constipated, and sometimes they use coffee to help, but did you know that adding a pinch of cardamom can take things to the next level? Cardamom has active compounds that stimulate the muscles in your digestive tract and can help move things along. It's also a carminative, which means it can relieve gas and bloat. Ideally, you want to get to the root cause of constipation, but sometimes you need a little help, and this cardamom coffee (reminiscent of Madras Coffee) will spice up your morning, whether or not you are backed up.

INGREDIENTS

2 tablespoons of coffee beans per cup (28 grams), or 2 1/2 tablespoons ground coffee
5 cardamom pods
1 cup filtered water

MAKES ONE CUP

- 1 Crush the cardamom pods in a mortar and pestle.
- 2 Grind the coffee beans.
- 3 Mix the crushed cardamom and coffee beans and place them in a French press. Add one cup of boiling water and steep for 10 minutes before pressing.
- 4 Serve with the non-dairy milk of your choice.

NOTES

- Ideally, you want to get to the root cause of constipation (coffee is a diuretic and can worsen symptoms of constipation).