



Fenugreek

Botanical Name: *Trigonella Foenum-Graecum*

Fenugreek seeds are an ancient spice. The seeds are small and yellowish-brown in color. This spice has a caramel-like aroma and a pungent and pleasantly bitter flavor. It's a key ingredient in African recipes. Many people also often use it as a flavoring agent in maple syrups. The seeds are toasted to enhance the aroma and grounded alone or with other spices. Asami sources its Fenugreek Seeds direct from small-scale farm co-ops in Africa.

Fenugreek helps to increase appetite and also improves absorption and digestion of nutrients.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Egypt.



Now that you know more about Fenugreek, you should check out our blends with Fenugreek. Mombasa Island

 **ASAMI**

PREMIUM AFRICAN TEA • OUR CULTURE IS YOUR CULTURE



asamiteashop.com
417-232-3344