# The Proper Fennel Cup (Tropical Sun)

From the teas.co.uk wiki

Fennel makes one of the easiest herbal cups there is: naturally sweet, gently aniseed and caffeine-free. There is no milk and no fuss, just hot water and a few minutes to let the seed flavour open out. Good at any time of day.

**Source:** teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Proper Fennel Cup (Tropical Sun) recipe. Canonical: https://teas.co.uk/recipes/fennel-and-licorice/the-proper-fennel-cup-tropical-sun/*

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