

SIMPLE MINT TEA

4-5 stems/stalks of fresh mint

4 c boiling water

Honey, or sugar, optional

Slightly crush or bruise the mint, by rolling it in your hands. This helps release the mint oil. Place in teapot and add boiling water. Let steep for 5 minutes. Sweeten if desired, and enjoy.



Try spearmint, peppermint, monarda or bergamot...

ID tip:

Mints have square stems!

