



Summer Herbal Mint Iced Tea

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes plus chill time

Servings: As many as you want

Serving Size: 1 glass

Ingredients:

Fresh mint leaves, any variety (peppermint, spearmint, chocolate mint, etc.)

Water

Green or black tea bags (optional)

In general, one handful of mint will flavor 2 cups of water, and I would use 1 teabag for every 3-4 cups of water, if you're using tea at all.

This is not a precise science—I usually just fill up the biggest pot I have with water and then use as much mint as will easily fit. I make a huge batch and then drink it over the course of a few days.

Directions:

1. Bring your water to a boil.
2. Wash and roughly shred your mint. Use your hands for this—the tearing will release the oils in the leaves more than if you used a knife.
3. When your water is boiling, turn off the heat and add your mint and the tea bags, if using.
4. Let cool to room temperature.
5. Pour into a pitcher or large jar, straining out the mint, and put in the fridge. Will keep for 3-4 days.
6. Serve over ice with favorite sweetener, if desired. I use stevia, honey, or maple syrup.

Tips and Tricks:

You could add basil to the tea as well for a more complex flavor. I'd do only a couple of leaves per cup of water, in addition to the mint.

If you want to make cucumber mint tea, just add sliced cucumbers to the pitcher or jar right before you put it in the fridge.

Nutritional Information Per Serving:

Calories: 0
Fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Total Carbohydrate: 0 g
Dietary Fiber: 0 g
Sugars: 0 g
Protein: 0 g