

Fresh Mint Tea

The addition of fresh mint leaves to a glass of tea gives the tea a pop of flavor and even has health benefits such as soothing the digestive tract and reducing stomach aches. Any type of mint can be used depending upon your preference. Common spearmints such as Mint the Best, Swiss and Spanish can be used. For a more adventurous flavor try pineapple mint, orange mint and ginger mint.

Ingredients:

- 2 Cups Water
- Saucepan
- Mint Leaves
- Tea bag (your choice of flavor)
- Sugar or Honey

- 1) Bring water to a boil on the stove;
- 2) Add 8 - 10 Mint Leaves to the water & stir for 5-10 minutes;
- 3) Remove the pan from the stove & add 1 tea bag, allowing it to steep for 3-5 minutes;
- 4) Strain the tea and discard the mint leaves;
- 5) Sweeten with sugar or honey.