



Mint Tea

Supplies

large pot

fine mesh strainer

pitcher

large spoon

Ingredients

10 cups water

2 cups fresh mint

Optional

1/4 cup honey

2 tablespoons lemon juice

Directions

Pour water into pot and bring to a boil.

Tear and/or muddle mint leaves.

Remove boiling water from heat and add mint leaves.
Steep for ten minutes.

Strain tea into pitcher.

Stir in honey and lemon juice.

Yields about eight cups of tea.