



Mint Extract

Ingredients

1/4 cup of mint leaves

1/2 cup of vodka **OR** 1/4 cup of apple cider vinegar & 1/4 cup of water

Directions

Take your mint leaves, rinse them in cold water and pat them dry.

Next, bruise your mint leaves by squeezing them in your hands. This will allow the mint oil to exit the leaves and combine with the vodka to create the extract.

Then, place the bruised mint leaves in your mason jar and pour the vodka over the leaves. If you prefer not to use alcohol, pour apple cider vinegar and water over the leaves instead.

Screw the lid on your jar and swirl it around to ensure the leaves are not floating at the top.

Place the jar in a cool, dark place. After four weeks, the extract will be ready for use.

Recipe modified from

<http://wholenaturallife.com/2012/08/09/how-to-make-homemade-peppermint-extract/> &

<http://melissaknorris.com/2012/11/07/pioneer-homemade-christmas-day-2-how-to-make-non-alcohol-mint-extract/>.