

# Mint Tea

Take about four or five good-sized stalks of mint. Now go find that teapot that I know you have somewhere. I have one that fits about 4 cups of hot water, which is just about perfect!

Fill it up with hot water and let it sit for a few minutes to warm the pot up.

Now put a kettle or pot of water on and wait until it is boiling merrily away. Next, take those mint stalks and roll them between your palms a few times.

Pour the hot water out of your teapot and pop the mint, stems and all, into your warm teapot. pour the boiling water over them until your teapot is full, and put the top on.


Now comes the hard part... you have to wait for FIVE full minutes to give your mint time to steep.

After about five minutes, you have a pot of delicate light green, delicious, mint-flavored tea.

If you wish, you can sweeten with maple syrup or honey!



# Questions answered about Mint Tea



You can use any kind of fresh mint for your tea; traditional peppermint to chocolate mint.

The produce section of your supermarket or farmer's market is likely have mint next to other herbs. Or try growing your own plant! Mint is hardy and spreads easily.

Letting the teapot sit filled with hot water will warm it up, which will keep your fresh mint tea warmer longer.

Rolling the leaves in your hand before adding it to the hot water to help release the mint oil in the leaves. This gives your tea the most flavour, and will also make your hands smell like summertime.