

Fresh Mint Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Water
1/4 cup Mint Leaves (stems removed)
1 tbsp Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	32	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	9g	Folate	4µg
Fiber	0g	Magnesium	8mg
Protein	0g	Zinc	0mg
Vitamin C	1mg		

DIRECTIONS

01 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

NOTES

RECIPE ID 124

HONEY

Add honey to ensure blood sugar is managed in this early stage.

NO MINT LEAVES

Use peppermint or spearmint leaves instead.

ENJOY IT COLD

Add ice cubes.