

Ginger Mint Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/4 cup Mint Leaves (stems removed)

NUTRITION

AMOUNT PER SERVING

Calories	9	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	2g	Folate	5µg
Fiber	0g	Magnesium	12mg
Protein	0g	Zinc	0mg
Vitamin C	1mg		

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 02 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

NOTES

RECIPE ID 126

BREWED TEA

Instead of water, use light black brewed tea.

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add lemon or honey.

ENJOY IT COLD

Add ice cubes.

NO MINT LEAVES

Use spearmint leaves instead.