# green mint tea

## Family Chef: Maggie McMahon

#### Ingredients:

* ½ tbsp gunpowder green tea
* 3 tbsp dried peppermint OR small bundle (~ ¼ c) fresh mint
* 16 oz water

Optional – sweetener

#### Instructions:

1. Boil water in a medium saucepan or teapot.
2. Add remaining ingredients and reduce to a simmer.
3. Let simmer for a minimum of 5 minutes, or until as strong as preferred. We like to steep ours for 10-15 minutes.
4. Once the flavor and intensity are where you like it, remove from the heat and strain. Some people prefer not to strain it.
5. Add sweetener of choice, if using. We love honey or organic cane sugar in this tea.