



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Homemade Mint Extract SERVES 2 cups

CATEGORY Preparation PREP TIME 5 min COOK TIME _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 c vodka
1 c chopped fresh mint leaves

DIRECTIONS

1. First, chop up your cleaned mint leaves.
2. In an air-tight container, pour vodka over the chopped mint leaves, completely covering them.
3. After a quick stir, seal the container and allow it to sit in a cool dark place for 2 months..
4. When ready, filter the mixture through a cheesecloth or coffee filter. Discard the used plant debris.

STORAGE

The tincture can be stored in an air-tight container kept in a cool, dark place.

MY NOTES
