



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Mint Iced Tea **MAKES** 4 quarts

CATEGORY Beverage **PREP TIME** 2 minutes **COOK TIME** 5-10 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 quart	hot water
1 cup	fresh mint leaves
to taste	honey or sweetener of choice (optional)
3 quarts	cold iced water
to taste	lemon slices (optional)
garnish	fresh mint leaves

DIRECTIONS

1. Pour hot water over mint, allow to steep for 5-10 minutes depending on desired strength.
2. Strain tea through a fine mesh sieve.
3. Add sweetener and stir until well combined
4. Let stand to cool to room temperature.
5. Pour mixture over iced water and add a fresh lemon slices to taste.
6. Refrigerate 1 hour before serving.
7. Pour and enjoy... best if used within 36 hours.

MY NOTES
