



Fresh Mint and Lemon Tea

Serves 1

INGREDIENTS

- 3-4 sprigs of mint, rinsed
- 1 slice of lemon, 1/8 inch thick
- Optional sweetener such as honey
- 12 ounces water

DIRECTIONS

1. Gently crush mint sprigs with your hands and place in a 16 ounce mug.
2. Wash lemon. Slice to produce a wheel approximately 1/8 inch thick. Add to mug.
3. Optional, 1 tsp honey or sweetener.
4. Pour 12 ounces of boiling water over contents in mug.
5. Cover and let steep 5 minutes.
6. If desired, use a teaspoon to remove mint sprigs and lemon wheel.
7. Enjoy.



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