



Dried Fruit-Peppermint-Tea

Craving a sweet and fresh tea? Then try this delicious combination with dried fruit and mint! The dried fruit gives the water a natural sweetness without any added sugar. The peppermint provides a pleasantly fresh flavour. Try it for yourself!

Ingredients

For 350ML:

350 ml hot water
5-6 stalks of peppermint
3-5 pieces of dried fruit
(apple, plum, peach)

Preparation

Place the mint in the sieve of the SEEV glass mug. Cut the dried fruit into small pieces and add. Pour boiling hot water over and leave to infuse for approx. 7 minutes. Then remove the sieve from the mug. Next step: Enjoy! Your tea will stay warm for a long time in the SEEV glass mug from BODDELS!

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