FRESH MINT & LEMON TEA – HEALTHY & DELICIOUS

There's nothing quite like the scent of fresh mint. Combined with lemon juice, it makes for an easy and delicious fresh mint & lemon tea. This tea is can be enjoyed both hot and cold as iced tea – the perfect healthy and refreshing drink!

INGREDIENTS

For 380 ml:

300 ml hot water
5-6 stalks of mint
60 ml of lemon juice (approx. 1 big lemon)
1 teaspoon agave syrup or honey

PREPARATION

Wash the mint and put it in the infuser of the SEEV glass mug. Pour over with hot water and let it rest for about 2-3 minutes. After that, remove the infuser from the mug. Cut the lemon in half and squeeze out the juice and add it to the tea. Finally, sweeten the tea with agave syrup or honey to your taste. Here we used one teaspoon of agave syrup. Your mint-lemon-tea is ready!

For the iced tea version, simply prepare the tea as described, let it cool down and serve it with ice cubes. If you want to prepare a larger quantity, you can also use the SUND glass carafe and put the mint leaves on the fruit skewer.

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You can find more recipes for infused water, smoothies, teasand other healthy drinks on www.boddels.com