Fresh Mint Tea - Herbal Infusion - Tisane

The simplest of recipes for one of the garden’s most fragrant of herbs. Both the milder spearmint leaves and the stronger peppermint leaves, or a combination of both, make a delicious tea/infusion/tisane. Serve either hot or cold.

Especially lovely served in this very special Clownfish cup saucer and spoon ;-)  

**Update:** This amount of fresh mint actually makes about 8 cups of refreshing mint tea. After you’ve steeped the mint, strain it and add another $3\frac{1}{4} - 3\frac{3}{4}$ cups hot water or ice and cold water.

Makes about 8 cups  
Start to Finish 15 minutes, including 10 minutes for steeping

1$\frac{1}{4}$ cups fresh mint leaves removed from their stalks, measured without packing  
3$\frac{3}{4}$ cups water  

1. Bring the water to a boil.  
2. Stir the mint leaves into the boiling water. Cover the pot. Turn off the heat.  
3. Steep 10 minutes.  
4. Pass through a strainer.  
5. Add an additional $3\frac{1}{4} - 3\frac{3}{4}$ cups hot water or ice and cold water to taste.  
6. Enjoy hot or cold.