

# Mint tea

## Preparation

- 1** Roughly tear the leaves with your hands and place them in a small strainer placed over a teapot or glass bowl.
- 2** Bring the water to a boil and pour over the leaves. The water should cover the leaves in the strainer. Cover the teapot or bowl and let the leaves steep for at least 5 to 10 minutes.
- 3** Gently press the mint leaves with the back of a wooden spoon or a muddler to release the oils, then remove the strainer pressing on the leaves to extract as much liquid as possible.
- 4** Let it cool down to  $< 70^{\circ}\text{C}$ . Fill the desired amount of Thick & Easy Clear into a cup. Pour water into a tea cup or mug and sweeten with honey for desired taste. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.



**Disclaimer:** Image contains non-puree food items which should be avoided if following a strict puree diet.

## No. of servings

1

## Ingredients

- A large handful of fresh mint leaves (organic) or from your garden (15g)
- About 2 cups/240ml filtered water (depending on how strong you want your tea)
- Honey to taste (20g)
- Thick & Easy Clear



## Tips

For iced mint tea: follow the directions above adding sweetener if using while the tea is still warm, then store in the fridge until ready to serve. Add Thick & Easy Clear as per instructions.

## Nutritional information per serving\*

Energy kcal	70
Protein g	1
Fat g	0
Carbohydrate g	17
Fibre g	1