

Fresh Mint tea

Autumn

I help digest your food,
and brighten your mood.



Murray Mint

What ingredients we are going to need

Lots of sprigs of mint leaves

It is so easy to do

Add some mint leaves, stems and all to each cup or to a large tea pot with hot water. Leave to steep (and cool) for 5 - 10 minutes. Add some honey to taste (Remove leaves if preferred before drinking).

Why it is good for us

Mint can help with indigestion, flatulence and tummy troubles and help reduce fever, nausea and vomiting. It can also soothe skin and help to cure infections and itching. Mint can stimulate your body against depression and fatigue and be beneficial against asthma and can help cure bad breath, relax the body and mind, and reduce stress.