



Sparkle Kitchen

Homemade Iced Lemon Mint Tea

Ingredients

1 1/2 Quarts of Water

Lemon, Peeled

Handful of Mint

Honey, if desired

Directions

Start by gathering your supplies. If you have mint growing in your garden, like we do, now is a good time to pick a handful.

Take your lemon and carefully slice off the peel, leaving behind as much of the bitter pith as you can.

Bring 1 1/2 quarts of water to a boil.

Add the lemon peel and the mint. Boil for one minute then remove from heat. Let stand for five minutes.

Strain the tea, removing all the lemon peel and mint. Serve hot or iced. With honey or without. It's up to you!

Enjoy!