



# Lemon balm blackcurrant mint tea

NIBBLEDISH CONTRIBUTOR

## Ingredients

- some lemon balm stalks and leaves (cut right above a leaf division so the plant makes more)
- some mint stalks and leaves (ditto above)
- some blackcurrant leaves (rub leaves and smell them to find the most fragrant berry bush)
- water
- sugar/honey to taste

## Instructions

Apparently this is an old traditional Swabian recipe from the part of Germany that my mom is from.

1. Put in pot.
2. Bring to boil.
3. Reduce heat, simmer for a while until robust.
4. Pour out liquid into pot/jug.
5. Mix with sugar or honey if you like.

My mom drinks it room temperature, but I'm sure it's tasty cold or hot as well.

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