



Summer Mint Tea

NIBBLEDISH CONTRIBUTOR

Ingredients

- ½ lemon
- 1 cup mint leaves
- 1 sachet earl grey tea
- 3 cups boiling hot water
- 4 tbsp honey
- 3 cups cold/warm water

Instructions

1. Cut 1 cm strips of peel from half a lemon. Place the peel in a mug with the mint leaves. Pour in 1 ½ cups boiling hot water. Leave to infuse for 5 minutes.
2. Place the tea bag in a mug and add the remaining hot water. Leave to infuse for 5 minutes.
3. Juice the lemon and pour it into a jug. Add the honey. Pour both the tea and lemon mint infusion into the jug. Stir well to melt honey.
4. Add the remaining water and leave to chill in the refrigerator for 2-3 hours.
5. Serve cold on a hot summer day.