

Mint Tea

From – *wholeliving.com*

2 Tbsp agave nectar

4 oz fresh mint (1 large bunch), leaves and stems

2 strips lemon zest, about ¼ to 2” each

- In a teapot or large measuring cup, combine agave nectar, mint and lemon zest.
- Top with 4 cups boiling water and stir to combine.
- Steep for 5 minutes and strain.
- Serve hot or over ice.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com