

Lavender Mint Tea

Accented with chamomile and coriander, this homemade tea blend is fragrant and soothing.

This Recipe Uses: JAWZ High Performance Blender

PREP TIME 5 mins

COOK TIME 0 mins

TOTAL TIME 5 mins (+ 5 minutes standing time)

Makes: 1 1/2 cups

INGREDIENTS

1 cup dried mint leaves
1/4 cup chamomile blossoms
3 tbsp dried edible lavender
1 tbsp coriander seeds
Honey and/or lemon

METHODOLOGY

1. In JAWZ High Performance Blender, combine mint leaves, chamomile blossoms, lavender and coriander seeds; blend at Speed 1 until coarsely ground. Store in airtight container.
2. For 1 cup of tea, place 1 tbsp tea blend in mug; pour 1 cup boiling water over top. Let steep for 5 minutes. Strain and serve with honey and/or lemon if desired.

Tips:

- Add a small piece of vanilla bean to tea if desired.
- To dry mint leaves: spread fresh mint leaves on a large baking sheet and bake in oven on lowest setting with door ajar for 3 to 4 hours or until completely dry and crisp. Alternatively, dry in dehydrator.