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Prep Time:

5 minutes

Cook Time:

5 minutes

Total Time:

10 minutes

Ingredients:

- 1 generous handful (about 15-20 leaves) of fresh mint. Spearmint is the most common

and offers a sweet, gentle flavor. Peppermint will give you a much stronger, more intense, and cooling sensation. Feel free to experiment!

- 10-12 oz (300-350 ml) of fresh, filtered water.
- Optional Sweeteners: Honey, agave nectar, or a slice of lemon.

Equipment:

- A kettle or a small saucepan
 - A mug or a heat-proof glass
 - A fine-mesh strainer or a teapot with a built-in infuser
 - A spoon or muddler (optional)
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Instructions: A Step-by-Step Guide

Step 1: Prepare the Mint (The “Intensity” Stage)

This is where you control the flavor intensity. The key is to gently bruise the leaves to release their essential oils.

- For a Light & Delicate Flavor (Intensity: Low): Rinse your mint sprigs under cool water. Gently pat them dry. Place the whole sprigs into your mug. You will simply pour water over them. The flavor will be subtle and refreshing.
- For a Balanced & Aromatic Flavor (Intensity: Medium): Rinse the mint. Hold the sprig by the top and gently slap it against your palm a few times. This bruises the leaves just enough to wake up the oils without making the tea bitter. Place the sprigs in your mug.
- For a Bold & Intense Flavor (Intensity: High): Rinse the mint. Strip the leaves from the stems and place them in the bottom of your mug. Use a spoon or a muddler to gently press and twist the leaves. You're not trying to pulverize them into a paste, just bruise them so they look slightly darker and glossy. This will release a powerful minty punch.

Step 2: Heat the Water (The “Temperature” Stage)

The temperature of the water is crucial. Boiling water can sometimes “cook” the mint, leading to a slightly bitter or “stewed” taste. The ideal temperature is just below boiling.

- Perfect Temperature: Heat your water until it's just about to boil. You'll see small bubbles forming on the bottom of the kettle or pan, and steam will be rising from the surface. If you have a thermometer, aim for 190-200°F (88-93°C) . If you don't, simply let your kettle come to a boil and then let it sit for 30-60 seconds before pouring.

Step 3: Steep to Perfection (The “Time” Stage)

This is the final and most important step for flavor control. The steeping time directly impacts the strength and potential bitterness of your tea.

- Pour the hot water over the prepared mint in your mug.
- For a Light Tea (Steep Time: 3-4 minutes): This will give you a pale, golden-green tea with a very mild, fresh flavor. Perfect for a subtle refreshment.
- For a Balanced Tea (Steep Time: 5-7 minutes): This is the sweet spot for most people. The tea will be a lovely, vibrant green-yellow color with a well-rounded, robust mint flavor that isn't overpowering.
- For a Strong Tea (Steep Time: 8-10 minutes): The tea will be darker and the flavor much more intense and cooling. This is ideal if you're using it for digestive purposes or simply love a powerful mint kick. Be careful not to steep for too long (over 15 minutes), as it can develop a bitter aftertaste.

Step 4: Strain, Sweeten, and Serve

- If you used loose leaves, place your fine-mesh strainer over a second mug and carefully pour the tea through it. If you used whole sprigs, you can simply remove them with a spoon. If you used a teapot with an infuser, just remove the infuser basket.
- This is the time to add your optional sweetener. Stir in a teaspoon of honey or a slice of lemon until it dissolves. Taste and adjust to your preference.
- Serve immediately and enjoy the fruits of your minimal labor!

Recipe Variations & Tips

- Iced Mint Tea: Make the recipe as directed, but use half the amount of water. Steep for 5-7 minutes. Strain the tea into a glass filled with ice. The melting ice will dilute the strong tea to the perfect strength. Garnish with a fresh lemon slice and a sprig of mint.
- Mint & Green Tea: For a caffeinated twist, add a teaspoon of loose-leaf green tea or one green tea bag along with the mint. Steep for only 3 minutes to avoid bitterness from the green tea.
- Mint & Ginger: Add 3-4 thin slices of fresh, peeled ginger to the mug with the mint. This adds a wonderful spicy warmth that pairs beautifully with the cooling mint.
- The “Muddled” Method: For the most intense flavor, place the mint leaves and a teaspoon of honey (or sugar) in the bottom of your mug. Muddle them together. The abrasive sugar helps to extract the oils from the mint more effectively. Then, proceed with adding the hot water.

Nutrition Information

Disclaimer: The following nutritional information is an estimate and is provided for informational purposes only. It is based on one serving of tea made without any added sweeteners.

- Serving Size: 1 mug (approx. 12 oz)

- Calories: 2

- Total Fat: 0g

- Saturated Fat: 0g

- Trans Fat: 0g

- Cholesterol: 0mg

- Sodium: 5mg

- Total Carbohydrates: 0g

- Dietary Fiber: 0g

- Total Sugars: 0g

- Protein: 0g

- Vitamin A: 2% DV

- Vitamin C: 1% DV

- Calcium: 1% DV
- Iron: 2% DV
- Potassium: 1% DV