



12 servings



20 minutes



PEPPERMINT LEMONADE

INGREDIENTS:

- 4 cups fresh peppermint leaves
- 8 cups almost-boiling water
- 1/3 cup maple syrup, honey or organic cane sugar
- a pinch of sea salt
- 3 large organic lemons
- 1/2 gallon mason jar

INSTRUCTIONS:

1. Roughly chop the peppermint leaves and put them and the sweetener in a half-gallon mason jar.
2. Cover with the 8 cups of almost-boiling water, add in a pinch of salt, stir for 30 seconds and cover with a lid.
3. Set jar on the counter and let infuse for 10-15 minutes.
4. Strain the tea into a new jar and compost plant material.
5. Squeeze the lemon juice into the tea and discard the lemon pulp and seeds. Stir well.
6. Put in the fridge to cool, or fill glasses with ice to drink immediately.
7. Enjoy!

THE CUISINE OF HEALING

- Peppermint is stimulating and cooling. It...
 - is refreshing and decongesting.
 - clears heat from the body (promotes sweating, reduces fever).
 - is antispasmodic
 - brings digestive pain relief.
 - alleviates PMS symptoms (cramping, bloating, nausea, fatigue).
 - stimulates digestive fire.
 - wonderful for focus.
 - helps relieve tension headaches.