

# Lemon Mint Tea (Using the Whole Lemon)

## Recipe from Kimi @ TheNourishingGourmet

- 1 lemon, organic, washed well and thinly sliced
- 2 bags of peppermint tea, loose tea equivalent, or several sprigs of fresh

Place thinly sliced lemon and peppermint in French Press. Heat purified water to boiling point. Pour over lemon and peppermint tea filling to the band on the French Press. Let steep for 15-30 minutes – the longer you leave it, the stronger it will become.

Drink plain, with honey, and reheated, if desired. I enjoy mine not super hot, so it's usually perfect after steeping about 20 minutes.

## Notes on Ingredients and Supplies:

- I make my tea in [this French Press](#). (Amazon affiliate link) I leave the lid off while it steeps, so there is no plastic and heat interaction. You could easily do this in a small pot, but I like the convenience of using my French Press.
- Use whatever favorite mint tea brand you like! I am hoping to plant mint at our new house and use sprigs of that in a couple of months.
- Buy the best lemons you can. I buy organic lemons. Conventional peels may have pesticide residue or waxes. I believe that organic lemons can have some waxes too, but use beeswax based ones. Best case scenario would be getting lemons completely untreated!