Cold Brew Peppermint Leaves

From the teas.co.uk wiki

Cold brewing is the best way to keep peppermint at its freshest. Steeping the leaves in cold water in the fridge holds onto the volatile menthol that hot water boils off, so the result is cleaner and more intensely minty than any hot-then-chilled version, with no caffeine and no sugar.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Cold Brew Peppermint Leaves recipe. Canonical: https://teas.co.uk/recipes/cold-brew/cold-brew-peppermint-leaves/*

Teapigs Peppermint Leaves is the tea: pure peppermint with no caffeine. Five minutes of work, then the fridge does the rest overnight.

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