

## Moroccan-Style Mint Tea

From the Teas.co.uk wiki

This is a caffeine-free take on **Moroccan mint tea**, the sweet, foamy mint service poured at cafe tables across North Africa. The classic version is built on gunpowder green tea with masses of fresh spearmint; here the Dragonfly Organic Three Mint Medley stands in for the green, so you get the same layered mint backbone without the caffeine. Plenty of fresh mint and sugar go into the pot, and the whole thing is poured from a height into small glasses.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Moroccan-Style Mint Tea recipe. Canonical: <https://teas.co.uk/recipes/mint-tea/moroccan-style-mint-tea/>*

That high pour is the part that matters, and not just for show: the falling stream cools the tea a little, mixes the sugar through, and raises the light frothy head that tells you the glass is ready. Pour from about thirty centimetres up. For the full version with the three-round tradition, see the [traditional Moroccan tea ceremony](#) ; for an everyday mug, [how to brew mint tea](#).

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