A Gentle Cup of Green Mint Tea

From the teas.co.uk wiki

Cotterley pairs green tea with peppermint, so it brews like a green tea: keep the water off the boil at around 80C, or the green leaf turns bitter and the mint goes harsh. Three minutes is enough for a clean, light cup with a cool mint finish.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Gentle Cup of Green Mint Tea recipe. Canonical: https://teas.co.uk/recipes/green-tea/a-gentle-cup-of-green-mint-tea/*

There is a little caffeine in it from the green tea. Makes one mug.

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