

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](https://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.

Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

