How to Brew Mint and Honeybush Tea

From the teas.co.uk wiki

Peppermint is the classic after-dinner cup, clean and cooling, and just the thing to round off a meal. This blend pairs it with honeybush, a South African herb a bit like rooibos, which adds a round, natural sweetness underneath the mint. Between the two there is no need for honey or lemon, and being caffeine-free it is an easy one to drink last thing at night. Give it a good six minutes to let the honeybush come through.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Mint and Honeybush Tea recipe. Canonical: https://teas.co.uk/recipes/mint-tea/how-to-brew-mint-and-honeybush-tea/*

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