The Naturally Sweet Cup of Twinings Liquorice and Spearmint

From the teas.co.uk wiki

This is a caffeine-free herbal infusion where the liquorice root does something clever: it makes the cup taste sweet without any sugar, while the spearmint keeps it cool and fresh. It is an easy one to drink at any hour.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Naturally Sweet Cup of Twinings Liquorice and Spearmint recipe. Canonical: https://teas.co.uk/recipes/mint-tea/the-naturally-sweet-cup-of-twinings-liquorice-and-spearmint/*

Being herbal rather than tea, it wants boiling water and a longer steep, around five minutes, to pull the flavour out fully.

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