Brewing Twinings Digest (Peppermint, Fennel and Ginger)

From the teas.co.uk wiki

This caffeine-free infusion leads with cool peppermint, backed by a sweet note of fennel and ginger. Because it is herbal, give it a proper five minute steep in just-boiled water to draw all of that out. A clean, minty cup, with no milk and no caffeine.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Digest (Peppermint, Fennel and Ginger) recipe. Canonical: https://teas.co.uk/recipes/mint-tea/brewing-twinings-digest-peppermint-fennel-and-ginger/*

Makes one cup. Boiling water, five minutes, and a little honey if you want it sweeter.

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