A Cooling Cup of Twinings Menopause Cool Moments

From the teas.co.uk wiki

Twinings Menopause Cool Moments is a caffeine-free herbal led by peppermint, with sage and lemon balm in the background and a soft fennel finish. The sage is what sets it apart from a plain mint tea. Being herbal, give it a full five minute steep in just-boiled water.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Cooling Cup of Twinings Menopause Cool Moments recipe. Canonical: https://teas.co.uk/recipes/mint-tea/a-cooling-cup-of-twinings-menopause-cool-moments/*

Makes one cup. Cool Moments needs no milk; honey only if wanted.

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