Dragonfly Moroccan Mint: Organic Gunpowder & Mint

From the teas.co.uk wiki

> **Moroccan Mint, in summary:** Dragonfly Moroccan Mint pairs organic gunpowder green with peppermint: a brisk, mildly caffeinated cup. What is in the bag, how to brew it, where it fits.

Last reviewed by the teas.co.uk team in May 2026.

Dragonfly Moroccan Mint pairs gunpowder green tea (the rolled Chinese green that's been the North African choice for over a century) with spearmint leaves. Caffeinated, fragrant, and distinctly North African, a properly authentic version of the tea you'd be served at a Moroccan riad.

The Moroccan mint tradition

Moroccan mint tea (atay bil na'na) is the defining drink of North Africa. The tradition is roughly:

- Gunpowder green tea (Chinese rolled green) brewed strong
- Fresh spearmint leaves added during brewing
- Heavy sugaring (3-4 sugars per cup is standard)
- Poured from height into small glasses (creates aerated foam)
- Served three times, the saying is "the first glass is bitter as life, the second strong as love, the third gentle as death"

Dragonfly's bagged version makes the tradition accessible without the ceremony, the tea base and mint are right; the pour from height and the multiple glasses are optional.

What's in the bag

- **Gunpowder green tea.** Rolled into small pellets that unfurl during brewing. Chinese, organic.
- **Spearmint leaves.** Dried whole leaves, organic.

The ratio is heavily weighted toward green tea (60-70%) with mint as the flavouring component.

What it tastes like

The cup is golden amber with a strong cooling mint aromatic. Gunpowder green provides the body, slightly toasty, vegetal, mineral, and the spearmint provides the lift. Less astringent than typical Chinese green; the mint's coolness softens the cup considerably.

Sweetened generously (the traditional way), it's smooth, refreshing, and surprisingly substantial. Drunk unsweetened, it's a more austere cup, drinkable but less authentic.

How to brew

Western style (everyday)

1. 1 tea bag per 200ml.
2. Water at 80-85°C, NOT boiling. Boiling water bitters gunpowder green.
3. Steep 3-4 minutes.
4. Sweeten generously (Moroccan tradition is 2-3 sugars per cup) or to taste.

Traditional Moroccan style (special occasions)

1. Use loose gunpowder green (or open the bags). 1 heaped tsp per 250ml.
2. Pour boiling water over the leaves. Swirl, then pour out the first infusion (this "wash" removes dust).
3. Add fresh mint sprigs and 3-4 sugar lumps per cup.
4. Pour fresh boiling water over. Steep 5 minutes.
5. Pour into a Moroccan teapot, then pour from height (30cm above the glass) into small glasses to create foam.
6. Serve in small (~80ml) glasses.

The gunpowder green base

Gunpowder is a Chinese green tea where the leaves are rolled tightly into small pellets that resemble buckshot (hence the name). The rolling preserves the leaf, slows oxidation, and produces a stronger, more substantial cup than typical loose leaf greens. North Africa adopted gunpowder in the 18th-19th centuries via trade routes, and it became the standard for Moroccan style mint tea.

Caffeine

30-40mg per 200ml cup. Standard green tea range, slightly higher than sencha because gunpowder is rolled (more leaf material per cup) and uses mature leaves.

Use cases

- **After a Moroccan or Middle Eastern meal.** The traditional context.
- **Mid afternoon refresh.** Mint is cooling; the moderate caffeine provides gentle lift.
- **Post workout.** Cold brewed iced, refreshing without being sugary.
- **Fasting.** A traditional Ramadan iftar (fast breaking) drink in Morocco.

Cautions

- **Pregnancy.** Within NHS caffeine limits is fine. More on pregnancy and tea.
- **Iron absorption.** Green tea tannins reduce non heme iron absorption. Drink between meals.
- **Reflux.** Mint can trigger reflux in some individuals.

Comparison with similar teas

- **Cotterley Green Mint.** French style mint green tea. Lighter, less mint forward.
- **Twinings Green Tea & Mint.** Mainstream supermarket option. Less authentic gunpowder character.
- **Pukka Three Mint.** Pure mint blend, no green tea base. Caffeine free alternative.
- **Specialist loose Moroccan style mint.** Mei Leaf and similar carry premium versions; cheaper to buy gunpowder loose and add fresh mint.

Buying

Quick Buy: Dragonfly Moroccan Mint. It is sold by specialist UK tea retailers, among them teas.co.uk.

FAQ

What is Moroccan mint tea? Gunpowder green tea brewed with fresh or dried spearmint and heavily sugared. The traditional drink of North Africa.

Does Moroccan mint tea have caffeine? Yes, 30 to 40mg a cup, from the green tea base.

How sweet should I make it? Traditional preparation is heavily sugared (2-3 sugars per small glass). Adapt to taste; many UK drinkers prefer it unsweetened.

Best brewing temperature? 80-85°C, NOT boiling. Boiling water bitters the green tea.

Can I drink it iced? Yes, Moroccan style cold mint tea (with sugar) is excellent in summer.

Curator's note: drink Moroccan mint tea sweetened the traditional way at least once. The combination of gunpowder green's body, spearmint's coolness and generous sugar makes something quite different from a British cuppa, closer to a hot lemonade than to everyday tea. Worth the experience. Lee, teas.co.uk, Tunbridge Wells.

Moroccan Mint, at a glance

Aspect	This blend	The read
Base	Organic gunpowder green	Real, modest caffeine: a daytime cup, not bedtime
Lift	Peppermint	Cooling, reviving; the Moroccan signature
Brew	Just off the boil, 3 to 4 min	Too hot or too long turns the green bitter
Best use	After meals, hot afternoons	Traditional digestif-style refresher

Buy it via the Dragonfly range, compare in the mint range and the wider green tea range, or browse the full tea shop.

Reference noted

- Soil Association organic standards

FROM THE CURATOR

teas · Start with the bags and stay with them until something stops you. Most rich teas reward patience, not budget.

Mint and green reading

- Green tea
- Peppermint tea
- Herbal tea overview
- Caffeine in tea

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