Moroccan Mint Tea

Phillis Carey's version.



4 teaspoons green tea, or Moroccan tea (traditionally Moroccans use gunpowder green)

24 whole mint leaves, plus more for garnish

4 tablespoons sugar, or more to taste

4 cups boiling water, plus more to warm the teapot

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

Servings: 6

If you buy Moroccan tea, it likely is a combination of green tea AND mint, so you may not need the fresh mint except for a garnish.

1. Rinse teapot in boiling water (to heat the pot). Pour out water. Quickly add tea, mint leaves and sugar to the pot, then add boiling water and swirl the pot gently a few times to dissolve the sugar. Replace lid (cover pot with a towel or a tea cozy if you're serving hot tea) and allow to steep for 5 minutes.
2. Pour tea through a strainer into serving cups. Or, cool to room temp and chill if you're serving it as iced tea.

Per Serving (excluding unknown items): 34 Calories; 0g Fat (0.0% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Vegetable; 1/2 Other Carbohydrates.