
Strawberry Mint Tea

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

2 cups hulled and chopped fresh strawberries

4 cups granulated sugar

8 sprigs fresh peppermint

6 cups sparkling water, chilled

ice

Place the strawberries and the sugar in a saucepan. Muddle using a wooden spoon. Cook over low heat, stirring occasionally, until the sugar is dissolved, about 5 minutes.

Place a peppermint sprig in the palm of your hand. Give it a good slap (to bring out volatile oils). Repeat with the remaining peppermint sprigs. Stir the sprigs into the strawberry mixture. Remove from the heat. Cool to room temperature, about 15 minutes.

Remove and discard the mint. Pour the mixture through a fine-mesh strainer into a half-gallon pitcher. Stir in six cups of chilled sparkling water.

Serve over ice.

Beverages

Per Serving (excluding unknown items): 519 Calories; trace Fat (0.1% calories from fat); trace Protein; 134g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 9 Other Carbohydrates.