

Peppermint Tea

Ingredients

- 1 tablespoon dried peppermint leaves (or a handful of fresh leaves)
- 1 cup (240 ml) boiling water
- Optional: 1 teaspoon honey or lemon slice

Instructions

1. Bring 1 cup of water to a full boil.
2. Place peppermint leaves in a teapot or mug.
3. Pour boiling water over the leaves.
4. Cover and steep for 7–10 minutes. Covering prevents essential oils from escaping.
5. Strain the tea into a cup and sweeten with honey or add lemon if desired.

Benefits

- Soothes indigestion, bloating, and stomach cramps.
- Opens airways and helps with mild congestion.
- Naturally calming and refreshing, may improve focus.

Warnings

- Avoid if you have severe acid reflux (can worsen symptoms).
- Not recommended in large amounts during pregnancy.
- If you have blood pressure issues or take medications, consult your doctor first.