

Herbal Legacy Recipes

Multi-Mint Antioxidant Tea

By James A. Duke, Ph.D.
From *The Green Pharmacy*

Rosemary and oregano are both antioxidant mints. Add several more antioxidant herbs to these two, and you get my Multi-Mint Antioxidant Tea. The mints are basil, bee balm, horehound, hyssop, lemon balm (also known as melissa), marjoram, oregano, peppermint, rosemary, sage, savory, spearmint and thyme. It makes sense to top it off with a dash of ginger and turmeric.

How much of each herb should you use to make this tea? People always ask me that, and I never know what to say. My teas are never the same; I use a little of this and a little of that. But to satisfy people who need recipes, I'll say to use two parts of the ingredients you like and one part of those you find less appealing. Pour boiling water over the herbs and let them steep for 10 to 20 minutes before drinking.



Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2009 Herbal Legacy