Cold Brew: Peppermint

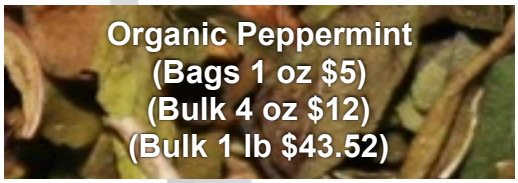
It blows my mind knowing how easy it is to brew majestic cups of what tastes like liquid peppermint candy, complete with mysteriously powerful healing, at home with love. The exhilarating aroma and flavor of peppermint *(metha piperita) when* brewed cold is beyond smooth, alarmingly mellow, and unbelievably refreshing. Bryte drinks it every day and can verify that it's yummy, healing for allergies, and it completely cured the vitiligo from his eyelids, knees and elbows. I sip on it to stay sharp while working plus still am able to fall asleep easily at night without coffee jitters, the bubble guts, or coffee breath. Here's our favorite cold brew recipe.



Cold Brew: Bryte's Sweet Peppermint

To make a quart Cold Brew: Bryte's Sweet Peppermint you'll need one tablespoon and a teaspoon organic peppermint - 3 heaping tablespoons organic raw sugar - 4 to 4½ cups cold purified water - plastic wrap - fine mesh strainer - measuring cup - one quart sized mason jar with cover

Put the peppermint and 2 cups cold purified water in the mason jar. Cover it with plastic wrap between the jar and its lid. Shake well. Allow to steep at least 3 hours, shaking the jar once an hour. Thoroughly rinse the jar then pour the peppermint from the measuring cup back into it. Add the sugar, cover tight, and shake until every grain is dissolved. Finally, fill the jar the rest of the way with cold purified water. Chill in the refrigerator at least 4 hours before serving.



Want to make a gallon? Just use a heaping cup organic peppermint leaf and ½ to 1 ½ cup organic raw sugar. When you strain the tea, mix with the sugar in a wide mouth gallon sized container. Fill it up the rest of the way with cold, purified water, cover and chill.

Peppermint *(metha piperita)* is known to be wonderful in a way that it can be used to invigorate you without the jitteriness or sleepless side effects of caffeine. It's known to help defeat strong cravings for alcohol, boost the health of your immune and digestive systems and is very good for your heart. It is known to heal chronic skin ails (like vitiligo) and is also used to treat symptoms of the common cold and other respiratory infections. It helps soothe cough and congestion affiliated with sinus infections. Digestive ailments including heartburn, nausea, vomiting, cramps, gas and diarrhea are easily healed with peppermint. It helps relieve stress, fights asthma symptoms, and also boosts immune system function.

Organic Peppermint is in stock. Be swift about contacting me and place your order today! **All my teas and spices are certified organic unless otherwise specified.**

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