



# Manuka Peppermint Tea

EASY • 15 MINS

Taking the edge off a scratchy throat and an upset stomach has never been this quick and easy with the naturally bioactive benefits of nature's sweet superfood. Just add fresh, aromatic mint and sweet Capilano Manuka honey to hot water for the ultimate fragrant sore throat soother.



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**COOKING TIME**  
10 mins

**SERVINGS**  
1

## Ingredients

- A squeeze of [Capilano Active Manuka Honey](#)
- 1 cup water

## Method

1. Bring water to a boil, and remove from heat.

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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- 1 hand full of fresh mint leaves (around ½ cup)

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of *Leptospermum* (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

## Method

2. Pour boiled water into a teapot or bowl and add fresh mint leaves, saving a few sprigs for garnishing, and cover. Let it steep for at least 5 minutes.
3. Pour the tea into a mug, straining the mint leaves.
4. Add a squeeze of Capilano Manuka Honey. Finish off with leftover fresh mint for extra taste and garnishing, if desired.
5. Tip: Chill the tea and blend up some ice in a high-powered blender. Combine the two, and you've created a Manuka mint snow cone!

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