



Lemongrass and Mint Tea

Serves 2

Ingredients :

- 2 lemongrass sticks
- 2 sprigs mint
- 1 green tea bag
- Selati sweetener or Selati sugar, to taste

Methods :

1. Bruise the lemongrass sticks with the back of a knife and place in a tea pot with the mint and tea bag.
2. Leave to infuse for 10 minutes.
3. Sweeten to taste then pour into individual cups.