

JANUARY 23



CHANTAL
Est. 1971
CRAFTED KITCHENWARE

Minted Berry BLUEBERRY GREEN TEA WITH FRESH MINT

Juicy berries meet herbal cool.

INGREDIENTS:

- 1 green tea bag or 1 tsp loose leaf green tea
- 1 cup (240 ml) boiling water
- 1 tbsp dried blueberries or 1 tsp blueberry syrup
- A few fresh mint leaves
- Optional: 1–2 tsp honey (to taste)

INSTRUCTIONS:

Brew green tea, blueberries, and mint leaves in boiling water for 3–5 minutes. Strain if needed. Sweeten to taste and serve warm or chilled.

PAIR WITH:

Blueberry muffins for a soft, fruity bite —or— fresh mint chocolate chip cookies for a cool, indulgent twist.