

*Recipe*

*Matcha Mint Tea*

*Ingredients:*

- 6 Stalks Spearmint
- 3 Cups Water
- 3 Tsp Matcha
- 1 Cup Almond Milk
- 3 Tsp Honey or Maple Syrup

*Directions:*

In a pot, heat 3 cups of water. DO NOT bring to a boil, it will cause spearmint tea to be bitter! Once water is hot, remove pot from heat and add spearmint leaves. Let steep for about 5 minutes. After 5 minutes, remove spearmint leaves then add in matcha. Using a matcha whisk (or just a regular whisk), stir for about a minute, until matcha is fully integrated. Then, stir in almond milk and honey (or maple syrup). Serve hot with a sprig of fresh mint.

## Observations Paper