

## **Wild Peppermint Tea**

### **Ingredients**

- About 1/2 cup dry Peppermint leaves.
- 3 or 4 cups very hot water.
- 2 or 3 tablespoons of honey.

### **Directions**

Boil about 3 or 4 cups of water.

Add the peppermint leaves and shut the heat off.

Let the tea steep for about 5 minutes.

Pour through a tea strainer.

Add the honey and pour into cups.

The tea can be made from fresh leaves or dried leaves.

Note: My mom used to make this for us when we had colds or a upset stomach. We used to get it along the North Platte river in Wyoming. I found it along the Rapid Creek, so I know you can find it along any creek, river, or lake.