Tunisia

MINT TEA WITH PINE NUTS

Regional preparation • 1 adult serving

WATER
See preparation

BREW
See preparation

SERVE
Warm

INGREDIENTS

green tea 2 g

fresh mint 4 leaves

drinking water 240 mL

pine nuts 5 g



Contains caffeine

Illustrative cup image

PREPARATION

1 Steep the tea and rinsed mint for 3 min. Strain and add pine nuts at service. This is an adult recipe.

NUTRITION NOTE

Serving size and added ingredients determine the nutrition of the prepared drink.

CAFFEINE & ALLERGENS

Contains caffeine. Contains pine nuts. Check ingredient labels and substitutions.

SERVING NOTE

For adults. Check supplier directions and serving temperature. For iced drinks, chill promptly and keep cold.

Regional source