



Mint Blueberry-Lime Green Tea Punch

Just the right size for a small party

2 bags mint green tea or loose tea, if desired

2 cups water

2 cups fresh blueberries, rinsed

1/4 cup fresh mint leaves

1/4 cup lime juice

1/4 to 1/3 cup maple syrup or simple sugar syrup

Crushed ice or sparkling water

Garnish: fresh blueberries; fresh mint leaves as desired

- Prepare green mint tea with water according to the package instructions. If you use loose-leaf tea, strain out the tea leaves or tea bags.
- Transfer the brewed tea to a medium saucepan. Add blueberries and fresh mint leaves; cook over medium heat until the mixture just begins to boil. Remove from heat and allow to cool until warm.
- Puree the blueberry and mint mixture in a blender, then strain to remove the pulp, discarding any solids.

- Stir in freshly squeezed lime juice and either maple syrup or simple syrup, adjusting sweetness to taste. A combination of both sweeteners may also be used.
 - Pour the mixture into a large bowl and refrigerate until it thickens slightly.
 - To serve, transfer to a small round or punch bowl and add ice or sparkling water to reach your preferred consistency.
 - Garnish each punch cup with a toothpick skewering three blueberries and a mint leaf.
- Yield: Serves approximately 4 to 6.

About the Recipe: Enjoy our refreshing blueberry mint punch! Quench your thirst and delight your senses with this vibrant, green mint tea with plump, juicy blueberries and fresh mint leaves, simmering them to extract every ounce of flavor. The mixture is carefully pureed and combined with tangy lime juice and your choice of natural maple syrup or classic simple syrup, striking the perfect balance of sweetness and zesty flavor. Chill; add ice or some bubbly sparkling water. Garnish with fresh blueberries and mint leaves; serve for a small party or fun get-together.