



Herbal Infusions"

Serving: 1

Veg

Ingredients

- -mint leaves
- -grated ginger
- -crushed whole pepper
- -lemon grass

Preparation Method

- Boil water. Take it off the stove and add the ingredients to be infused. Take enough of each ingredient so that it lends its flavour. The quantity of the ingredients can vary according to taste. Cover and wait 5 minutes. Strain and serve. This concoction can be made in a large quantity and preserved in the fridge for 3 or 4 days to have it handy when needed.