

Mint Cucumber and Raspberry Iced Tea Infusion



Mint and Raspberry Teachings

Traditionally, the roots of the mint plant were consumed by the Nlaka`pamux, Okanagan-Colville, and Shuswap peoples either raw, boiled or pit-cooked, often mixed with a meat or fish. The Anishinaabe people, as well as many other Indigenous peoples, used the mint leaves for tea.

The seventh moon of Creation is the Raspberry Moon, when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its bush and harvest its fruit, as we gain knowledge that will help raising our families.



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Health Benefits

Mint leaves help soothe symptoms of irritable bowel and stomach upset. (Careful if you have acid reflux/heart burn as mint can worsen this.) Mint also naturally freshens your breath.

Raspberries are high in antioxidants and fibre, which help lower your risk of heart disease, diabetes and some types of cancer.

Cucumbers have a high water content to help keep you hydrated. They also help keep your gut health.



Directions

Add mint leaves, cucumber slices and raspberries to a water pitcher. Add water and leave in fridge for a couple of hours or overnight. You can also crush some of the leaves, cucumber and berries for a stronger flavour. Add ice and enjoy!

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