

# Ceyaka (Mint) Tea

## Ingredients

- ¼ cup dried crushed ceyaka (mint)
- 3 cups boiling water
- ½ cup honey
- 5 cups ice water

## Nutritional Information

Calories 63.8

Total Fat 0.0g

Sodium 5.6g

Total Carbohydrates 17.3g

Protein 0.1g

## Instructions

Place 3 cups of water in a sauce pan with ¼ cup of dried crushed cayaka and bring to boil. Once it begins boiling, let boil for 10 minutes or until the water turns a green color. Pour through strainer (to separate loose ceyaka) into pitcher and stir in honey. Add ice water and serve.

## Wild Mint

Wild mint or ceyaka is often infused to make a traditional tea. This tea is sweetened using honey and often used for medical purposes. Ceyaka is found growing along creeks and other waterways. Ceyaka is best harvested until mid-August. Ceyaka can be utilized while fresh or dried for later use.

## Did you know?

Wild mint can be used to treat colds and upset stomachs.

