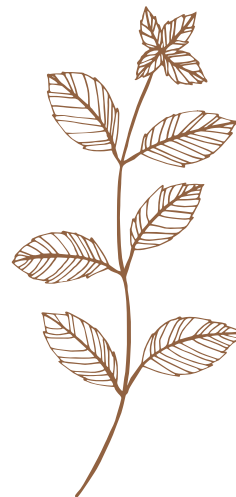


# the pur terroir<sup>®</sup>

INFUSÃO • HERBAL TEA



## CHOCOLATE MINT

*Mentha x piperita f. citrata 'Chocolate'*

*Mentha x piperita f. citrata*, commonly known as Chocolate Mint, is a cross between watermint and spearmint, closely related to orange mint. Like other members of the mint family, it is grown all over the world and is popular for its culinary uses and health benefits.



## HOW TO PREPARE

Combine 2 tablespoons of Chocolate Mint leaves with 1 litre of 80°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the leaves steep for 4-6 minutes, depending on how strong you like your tea.

## INGREDIENTS

100% pure Chocolate Mint leaves from our Territory.

## NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, theine free, suitable for vegetarians and vegans.

## HOW DOES IT TASTE?

This member of the mint family is fresh with invigorating menthol aromas and flavours. Chocolate Mint has the subtle sweetness of our Spearmint, but with an extra chocolatey kick. Infusions of this herb have subtle notes of cocoa and vanilla, with a palate cleansing mint finish.

## HEALTH BENEFITS

Chocolate Mint contains several vitamins and minerals that can aid your immune system and reduce chronic inflammation. Its refreshing flavour, like other mints, awakens the mind, increasing focus and cognitive function. Its soothing qualities may aid digestive function and relieve breathing problems.

## CULINARY USE

Chocolate Mint is the perfect addition to a variety of desserts. Consider chopping it up and adding it to fudge, brownies, muffins, cookies, mousses, custards, fruit salads, and even ice cream. It adds a special complexity to salads, paired with a strong cheese like feta or bleu. Try adding it to iced tea for a refreshing summer beverage.

## HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.



PT-BIO-02  
Landwirtschafts Portugal



PT-BIO-02  
EU-Landwirtschaft



PT-BIO-02  
Landwirtschaft außer der EU

Soalheiro