

Mint Mojitos

- 10-15 small fresh mint leaves, plus a sprig for garnish
- 1 lime, sliced into thin rounds
- 1 lime, juiced (approx. 1 oz. or 2 tablespoons of juice)
- 1 oz. (2 tablespoons) simple sugar syrup
- 2 oz. (4 tablespoons) light rum
- ice, cubes or crushed
- 3 oz. (6 tablespoons) club soda

Use a tall 14 to 16 oz. glass. Put mint leaves and half of lime slices in bottom of glass. Add lime juice and simple syrup. Use muddler or end of wooden spoon to muddle ingredients, pressing and twisting 5-6 times--just enough to release oils and juices. Add rum and fill glass with ice. Pour in club soda. Use long spoon to gently stir from bottom.

For a prettier appearance, slide in additional lime slices and mint leaves. Garnish top with lime slice and mint sprig.

This recipe is on the tart side. If you prefer a sweeter drink, increase simple syrup or reduce lime juice.

FOR VIRGIN MOJITOS: Omit the rum and replace it with additional club soda and a dash more of simple syrup.

Mint Iced Tea with Ginger and Honey

- 6 cups water
- 1/4 cup ginger, peeled and sliced
- 3 to 6 bags green tea
- 1/2 cup mint leaves, tightly packed, plus extra to serve
- 1/3 cup honey
- 1 lemon, divided

In a medium-sized pot, combine the water and ginger slices. Bring to a boil. Once the water boils, remove from heat and add the tea bags and mint leaves. Cover the pot and steep for about 15 minutes.

Strain tea.. Mix in the honey and juice from half of the lemon into the tea. Transfer to a pitcher and cool to room temperature before refrigerating.

Slice the second half of the lemon. When ready to serve, add 1 to 2 lemon slices into each glass, along with a few mint leaves and ice cubes. Once the tea has cooled, pour it into the glasses and serve.

Chickpea Salad with Lemon Mint Vinaigrette

- 3 tablespoons olive or grape seed oil
- 4 tablespoons fresh squeeze lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon zest
- 3 minced garlic cloves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 1 – 15 ounce can garbanzo beans rinsed and drained
- 1/2 cup grape tomatoes, halved
- 1/2 cucumber, seeded and chopped
- 1/2 red bell pepper, chopped
- 1/4 cup onion, chopped
- 1/3 cup packed fresh chopped mint leaves

1. In a medium bowl whisk the oil, lemon juice, vinegar, zest, cloves, salt, and pepper until well mixed.
2. Add the beans, tomatoes, cucumber, bell pepper, onions, and mint.
3. Serve immediately or store in the refrigerator. The salad tastes better the more time the beans have had a chance to marinate.

Mint Sugar

- 1/2 cup fresh mint leaves
- 3/4 cup sugar

In a food processor, add mint leaves and sugar. Pulse until mint is finely ground and mixture is well combined.

- Makes about 1 cup
- Store in an airtight container for 1-2 day

Fresh Mint Ginger Lemonade

Mint Ginger Simple Syrup:

- 3/4 cup sugar
- 3/4 cup water
- 1/2 cup packed mint leaves, torn
- 1-inch piece of fresh ginger, diced

Lemonade:

- 3 cups cold water
- 3/4 cup freshly squeezed lemon juice (roughly 6-7 large lemons)
- batch of mint ginger simple syrup (*see recipe above*)
- fresh mint
- 1 lemon, sliced thinly

Prepare Simple Syrup:

1. Combine all of the simple syrup ingredients in a small saucepan.
2. Bring to a low simmer, and stir until the sugar has dissolved completely.
3. Boil and simmer the syrup for an additional 1-2 minutes. Remove and place in a heatproof bowl. Allow to come temperature, or alternative cover and allow to infuse in the fridge for at least 30 to 45 minutes or overnight (for a more intensely flavored lemonade).
4. Once chilled, strain simple syrup through a fine-mesh sieve. Discard the mint leaves and ginger pieces.

Make Lemonade:

1. In a large pitcher, combine the water, lemon juice, and a full batch of mint ginger simple syrup. Stir well.
2. Add fresh mint and sliced lemon slices to the pitcher as desired. Chill.
3. Serve lemonade chilled or alternatively, over homemade mint ice cubes (simply add fresh mint leaves to your ice cube tray-- optional).

Lemon Mint Orzo Salad

- 1 cup uncooked orzo (use 1½ to 2 cups for larger pastas)
- ½ small red pepper, diced small
- juice of ½ large lemon
- 1 tsp finely grated lemon zest, chopped
- 3 tbsp chopped fresh mint
- ⅓ cup extra virgin olive oil
- 2 tbsp honey
- pinch salt and pepper to season

Cucumber Salad with Creamy Mint Dressing

- 2 English cucumbers (or type of your choice), chopped
- 1/4 cup packed mint leaves, roughly chopped
- 1/2 cup chopped red onion
- 2-3 tsp chopped fresh dill
- 1/4 cup full-fat coconut milk (Stir can well before measuring out)
- 1/2 cup packed mint leaves
- 1 tbsp extra virgin olive oil
- 3 tbsp fresh lime juice
- 2 tsp agave nectar (or other liquid sweetener)
- 1/4 tsp kosher salt
- 1/2 tsp arrowroot powder, for slight thickening (optional)

1. Chop the cucumbers, red onion, 1/4 cup packed fresh mint, and dill. Place into large bowl and combine.
2. In a food processor, make the dressing by processing the rest of the ingredients (coconut milk, mint, olive oil, lime juice, agave, salt, optional arrowroot powder). Process until mostly smooth (tiny mint speckles will remain).
3. Pour the dressing onto the cucumber salad and mix well. Chill for an hour or two or serve immediately. Season with salt and pepper to taste. Makes 2 servings.