



Fancy Mint Ice Cubes

Replace your high-FODMAP beverages with icewater cooled by these beautiful and delicious lemon-mint tea ice cubes. Or double up on the tea and use these to cool down your green or ginger tea. Serve them in clear glassware so that you can enjoy the way they sparkle!

Ingredients:

- ½ cup packed mint leaves
- 2 cups boiling water
- ¼ cup sugar
- 1 tablespoon fresh lemon juice, strained

Procedure:

- Remove the 24 smallest mint leaves and set them aside. Place the rest of the mint leaves in a teapot and pour boiling water over them. Cover the teapot and allow the leaves to steep until the mint tea comes to room temperature.
- Decant the tea into a small bowl, leaving the mint leaves behind in the teapot. Stir in the sugar and lemon juice. Pour the tea into an ice cube tray. Submerge two small mint leaves in each compartment of the ice cube tray. Freeze until solid, at least four hours.
- To unmold, run the ice cubes and tray briefly under cold water, then twist the tray to release the cubes.

Serves: 3

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.