

EVERYTHING Herbal

by Cheryl Jabz

Peppermint

Flavor & Common Uses

COOLING • REFRESHING • MINTY

Peppermint is a bright, refreshing herb loved for its cooling flavor and crisp aroma. Its fresh menthol taste makes it a favorite in teas, desserts, wellness blends, and homemade body care products.

FLAVOR PROFILE

Peppermint has a cool, minty, slightly sweet flavor with a strong refreshing finish. Its menthol-rich taste brings a clean, invigorating note to both foods and drinks.

CULINARY USES

- Steep in tea or blend with other calming herbs
- Add to fruit salads, yogurt, or smoothies
- Use in chocolate desserts and baked treats
- Infuse in honey, syrups, or simple drinks
- Pair with lemon, lime, cucumber, and berries

Peppermint brings a cool burst of freshness to everyday life.

Inspired
by Nature.
Made for
Your Life.

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COMMON USES

- 1 HERBAL TEA** – Brewed hot or iced for a refreshing, soothing drink.
- 2 DESSERTS & SWEETS** – Added to cookies, brownies, chocolate treats, syrups, and candies.
- 3 INFUSED WATER** – Pairs well with lemon, cucumber, or berries for a cooling drink.
- 4 AROMATHERAPY** – Used in essential oil blends for an uplifting, crisp scent.
- 5 BATH & BODY CARE** – Popular in soaps, scrubs, bath soaks, and lip balms.
- 6 HOME & WELLNESS BLENDS** – Used in sachets, steam blends, and homemade herbal products.



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