



Simple • Natural • Homemade

PEPPERMINT'S 3 Most Popular Recipes

Peppermint is refreshing, cooling, and soothing. It's perfect for teas, desserts, and drinks—enjoy these favorites!



Refreshing
• Soothing
• Digestive
Support

ABOUT PEPPERMINT



Peppermint is known for its cooling flavor and many health benefits. It may help support digestion, ease headaches, reduce nausea, and promote mental clarity.

A wonderful herb for both body and mind!

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1

PEPPERMINT TEA

Ingredients:

- 1–2 teaspoons dried peppermint leaves (or 1 tablespoon fresh leaves)
- 2 cups hot water
- Honey or lemon (optional)

Instructions:

- Place peppermint leaves in a tea infuser or cup.
- Pour hot water over the leaves.
- Steep for 8–10 minutes.
- Strain and enjoy warm.
- Add honey or lemon if desired.



Benefits: Aids digestion, soothes upset stomach, helps relieve headaches, and promotes relaxation.



2

PEPPERMINT CHOCOLATE CHIP ICE CREAM

Ingredients:

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup sugar
- 1 teaspoon peppermint extract
- Green food coloring (optional)
- 3/4 cup mini chocolate chips

Instructions:

- Whip cream until soft peaks form.
- In another bowl, mix milk, sugar, and peppermint extract until sugar dissolves.
- Fold milk mixture into whipped cream.
- Add green coloring if desired.
- Stir in chocolate chips.
- Freeze for 4–6 hours or until firm.
- Scoop, serve, and enjoy!



Benefits: Peppermint may aid digestion and provide a refreshing, cooling treat.



3

PEPPERMINT SMOOTHIE

Ingredients:

- 1 cup vanilla yogurt
- 1/2 cup milk (dairy or non-dairy)
- 1/2 banana
- 1/2 teaspoon peppermint extract
- 1 cup fresh spinach or mint leaves
- 1–2 teaspoons honey (optional)
- Ice cubes

Instructions:

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Taste and add honey if desired.
- Add ice for a thicker, colder smoothie.
- Pour into a glass and enjoy this refreshing boost!



Benefits: Provides vitamins and antioxidants, supports digestion, and gives a natural energy boost.

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