

## **Blueberry Mint Tea**

2 cups blueberries, fresh or frozen

1 cup sugar

8 peppermint sprigs

6 cups sparkling water, chilled

Ice

Place the blueberries and the sugar in a medium saucepan, and muddle using a wooden spoon.

Cook over low heat, stirring occasionally, until sugar dissolves, 5 minutes.

Place 1 peppermint sprig in the palm of your hand. Give it a good slap to release the oils.

Repeat with 7 more peppermint sprigs. Stir sprigs into the blueberry mixture.

Remove from heat, and cool to room temperature, 15 minutes. Remove and discard mint.

Pour mixture through a fine mesh strainer into a half-gallon pitcher.

Stir in 6 cups chilled sparkling water. Serve over ice.