Berber tea

Atlas Mountain Tea

15 minutes

Ingredients:

- *1 tsp Gunpowder green tea*
- *6–8 sprigs Fresh mint*
- *2 sprigs Rosemary*
- *2 sprigs Sage*
- *1 Bay leaf*
- *1 small sprig Wild wormwood (chiba)*
- *600 ml Boiling water*
- *Honey to taste*

Instructions:

1. Rinse the tea with a splash of boiling water — discard
2. Add all herbs to the pot
3. Pour boiling water, simmer 3–4 min on low flame
4. Pour first glass back in — repeat 2–3 times from a height
5. Taste, sweeten if desired, serve in small glasses

Terra Lande