



# Mint Simple Syrup for Sweet Tea and Mint Juleps

## How to:

1. Rinse sprigs of mint and muddle them slightly to release the juices either using a mortar and pestle or using a wooden spoon and a bowl
2. Place sugar in a medium pot
3. Place water into the pot with the sugar
4. Place the pot onto the stovetop and bring to a boil on high heat (put the lid on to speed up the boil process)
5. Once boiling, reduce heat to low and place the muddled mint into the sugar water and stir.
6. Simmer for 15-20 minutes. It will slightly thicken and reduce in amount as it simmers.
7. Remove from stovetop and place a fine mesh strainer over a large mixing bowl and pour the mint simple syrup over the strainer into the bowl (which allows the mint to stay in the strainer and not in the syrup!)
8. Allow the simple syrup to cool for about 30 minutes. I then decanted mine into a bottle that sealed so it could be kept easily in the fridge.
9. Add about 1 tablespoon of the mint simple syrup (add more or less depending on how sweet you like your drinks) to hot tea, iced tea or mint juleps!
10. Drink and enjoy!

### Time to Put This Recipe Creation Together:

15-30 minutes + cooling time

**Servings:** 15-20 or more (depending on how sweet you like your drinks)

### Suggested kitchen tools: : [Large glass bowl](#)

(or any large mixing bowl), wooden spoon and small bowl or a [mortar and pestle](#), fine [mesh strainer set](#), [medium sauce pan](#), glasses (we used my Nani's vintage Derby glasses for the mint juleps but used [these beautiful turquoise glasses from Walmart](#) for our sweet tea), [measuring cup and tablespoon/teaspoon set](#) (we are loving the Thyme and Table line at Walmart!), I store mine in an [air tight swing top glass bottle](#)

## The Ingredients

- 10 sprigs of fresh peppermint (NOT spearmint as we've tested it and it does not work flavor-wise...in our opinion spearmint makes it taste like toothpaste!)
- 2 cups sugar (I used [cane sugar](#))
- 2 cups filtered water

### Tips and Tricks:

- For my Nani's mint julep, I'll write up another article for that recipe, but you can try it with these directions: add ice to a 10 oz. glass, add 1-2 tbs mint simple syrup, a shot of bourbon (we love Four Roses but my Nani [loved Maker's Mark](#)), 1 teaspoon fresh lemon juice, cold filtered water to top it off, and add a sprig of mint for garnish. Drink and enjoy.
- This will keep in a fridge for about a week if you keep it in a sealed container. You could try freezing it in ice cube trays too!
- You can make this simple syrup recipe and omit the mint if you just need plain simple syrup. You can also add other flavors to it using lemon peel, orange peel or other herbs.
- You can find fresh peppermint at most grocery stores in the refrigerated herb section. I have not tested using [dried peppermint](#), but it may be able to work



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