

# Mint Tea

6 cups Water  
4 Cups Fresh Mint (1 full bunch with stems)  
3 Dries Figs  
½ Lemon

Place mint loosely in large bowl and press gently with back of wooden spoon to release oils, about one minute, put water and figs into pot and bring to a boil, when boiling, break up figs with wooden spoon, stir in mint and lower heat to simmer, cook tea for 5 minutes, take off heat and strain tea, press out any liquid from mint leaves and figs, stir in juice of lemon and set to cool, serve hot or cold

# Green Goddess Dressing

½ Cup Yogurt  
¼ Cup Mint  
¼ Cup Green Onions  
1 Clove Garlic  
1 Tablespoon Oil  
1 Tablespoon Lemon Juice  
Salt  
Pepper

Chop green onions and mint, blitz garlic with lemon juice til liquified, add herbs and blend together, add yogurt and blend well, slowly add oil, check for desired consistency of sauce, taste, adjust, serve