



# Ginger and mint jelly

## Ingredients (serves 1)

250 ml ginger tea

A handful of fresh mint leaves

1 tsp agar powder\*

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## Method

1. Finely chop the fresh mint leaves.
2. Put the cold ginger tea and agar powder in a pot and bring to the boil. Stir continuously with the help of a whisk to obtain a homogenous mixture.
3. Take of the heat and leave it to cool for a while.
4. While hot but not boiling, place the mixture in a tall container add the chopped mint and stir.
5. Set and chill in the refrigerator until it sets.
6. Once the jelly is set, slice portions, and serve.

\*Agar is a fibrous carbohydrate derived from algae and is used as a gelling agent. It can be found in supermarkets, baking supply stores and health food shops.