



DRINKS | PEAK SEASON: Spring & Summer

Sugar-Free Mint Syrup

Recipe by: Kiandra Call

Yields: 1 cup

Prep Time: 5 minutes

Cook Time: 5–10 minutes

Chill Time: 15–20 minutes (cool before storing)

Nutritional Info

If made with Powdered Stevia or Monk Fruit:

- Calories: 0
- Carbs: 0g
- Sugars: 0g

If made with Date Sugar:

- Calories: 8.3
- Carbs: 2g
- Sugars: 1.7g

If made with Agave Nectar:

- Calories: 5
- Carbs: 1.3g
- Sugars: 1.3g

Ingredients

- 1 cup fresh mint leaves, rinsed
- 1 cup water
- 1 cup powdered stevia (or use monk fruit, date sugar, or agave nectar)

Instructions

- Gently massage the mint leaves with your hands to help release their natural oils.
- Combine mint, water, and sweetener in a small to medium saucepan.
- Simmer on low heat for 5–10 minutes, until the syrup becomes fragrant.
- Remove from heat and allow to cool.
- Strain out the mint leaves and pour syrup into a mason jar or airtight container.
- Store in the refrigerator for up to 5–7 days.

Additional Info

- Great for sweetening hot tea, iced tea, overnight oats, baked goods, or refreshing mocktails.
- Make sure to label and write the date before storage.

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at freshrxok.org/recipes

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