



Mint Dust

By Erin Fletter

Prep Time / Cook Time / Serves -

Equipment

- Dry measuring cups
- Small bowl

Ingredients

Mint Dust

- 1/4 to 1/2 C sugar
- 1 to 2 fresh mint leaves

Food Allergen Substitutions

Mint Dust

Instructions

Mint Dust

measure + massage

Measure **1/4 to 1/2 cup of sugar** into a small bowl and add **1 to 2 mint leaves**. Have your kids massage the mint leaves into the sugar, allowing the mint oils and flavor to infuse into the sugar. You can let the mint rest in the sugar for 5 to 10 minutes and even up to one week!