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Impair Healthy Healing In People Over The Age Of 30!**

Best Recipes: Holiday Mint Brownies

By Donna Monday

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It's Christmas time and everything is getting the decorative treatment: including brownies.

This simple recipe for Holiday Mint Brownies is a fun way to turn ordinary brownies into an extraordinary festive treat. The flavors are wonderful with chocolate mint chips and cream cheese frosting. Plus, you can have fun decorating them with decorating gel and candies.

Best of all, these brownies are an easy holiday cookie recipe to make. Any brownie lover will enjoy these special holiday brownies.

Holiday Mint Brownies 1 1-pound 5 oz pkg fudge brownie mix ½ cup mint flavored chocolate chips ½ cup water ½ cup oil 1 egg 1 16 oz can cream cheese frosting (or vanilla frosting) 5 (.68 oz) tubes green decorating gel 1 to 2 tablespoons (84) cinnamon candies or small red decorator candies

Directions

Preheat oven to 350 degrees.

Line a 13x9-inch pan with foil so edges extend over pan; grease bottom only of foil.

In large bowl, combine brownie mix, chocolate chips, water, oil and egg; beat 50 strokes with spoon. DO NOT UNDERMIX. Spread in greased foil-lined pan.

Bake for 31–33 minutes. Cool 1 hour or until completely cooled.

Frost brownies. Freeze 1 hour.

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Remove brownies from pan by lifting foil; peel off foil. Cut brownies into squares or cut diagonally into diamond shapes.

Outline each brownie with green decorating gel. Place 3 red candies in the corner or middle of each brownie. Store in a single layer in covered container, in a cool place.

Makes 28 brownies.

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Donna Monday

Got a brownie craving? Satisfy it here

Tea Garden Mint

By Peter Vermeeren

Tea Garden Mint is a delicious combination of Garden Tea and Mint that provides a gentle and calming drink. This delicious combination has many healthy benefits and can aid the digestive system, nervous system and help prevent sleep deprivation.

The idea of sitting in your Garden sipping Tea Garden Mint tea is appealing and can be very relaxing at the end of the working day, or on the weekend, while recuperating from a busy week. It is essential that our bodies receive at least one day of rest a week and Tea Garden Mint is one way of assisting your body in achieving full relaxation.

Tea Garden Mint does not only take away the winter blues, it can also be turned into a soothing summer drink that helps you beat the heat. By adding a small amount of ginger to Tea Garden Mint Tea, allowing it to cool and adding some ice blocks, suddenly you have delicious and healthy summer refreshment.

Herbal teas have long been used as a medicinal treatment throughout the centuries and throughout the world. Today you can find tea grown in China, Egypt, England and the United States of America, allowing for a greater choice of teas to purchase.

Tea Garden Mint Tea is essentially a combination of herbs that have been specifically chosen for their qualities. Combined these herbs can produce amazing effects and when combined with other healthy lifestyle choices, can have life changing effects.

If you are interested in growing your own Mint, you will need to clear an area of your garden and prepare the soil, plant the mint and then ensure that the mint is well watered and cared for in the months during its growth. If you don't have a garden, rest assured that most Tea Garden Mint Teas are grown in natural environments.

Mint prefers a shady environment and grows best in moist rich soil. There are hundreds of variety of

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Mint, so you should chose the mint that best reflects the desired taste that you are seeking. Some of the varieties of mint include, spearmint, apple mint, chocolate mint, Moroccan mint and peppermint.

If using Tea Garden Mint for aiding in Sleep deprivation, you should prepare and drink your Tea Garden Mint Tea one hour prior to when you intend to go to sleep, as this will allow your body time to soak the tea up into its system and begin to relax the bodies muscles.

Peter Vermeeren is the owner and webmaster of:

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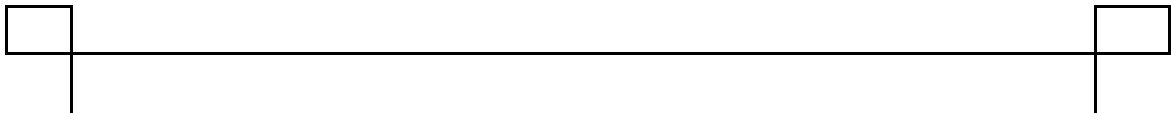
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