

How To Make a Mint Julep *from Urban Sacred Garden*

1. Grab a cup.
2. Pull 4-6 leaves off the bottom part of Mint sprig. Crush leaves into your Julep glass with a muddler or wooden spoon, being sure to smash the leaves on the inside of the glass including the sides.
3. Add 2 ounces of Bourbon and 0.5 ounces of Mint Syrup of choice to your cup. Stir.
4. Tightly pack ice into your cup, snowballing it into a smooth circle over the top of the glass, if possible. Pack in as much ice as you can.
5. Place remainder of your Mint sprig in the side of your glass for aroma and garnish. Trim bottom, if needed, so that it only sticks out of your cup a couple of inches.
6. Place straw into the drink next to the Mint, and cut the straw short with scissors so that your nose is just at even level with the Mint.
7. Inhale deeply, take a drink and Enjoy!