

Mint

Flavour of the month

June 2026

That signature tingly, **cooling sensation** is back.

The sweet, cooling sensation of mint! One of the most versatile herbs, mint is used across medicine, sweet treats, toothpaste, savoury dishes and refreshing beverages. Although each variety differs slightly, they all share a recognisable sweet, fresh and herbaceous flavour that many people can instantly identify.

With around 18–24 different varieties of mint, each offering its own unique characteristics, the most seen in the UK include spearmint, peppermint, apple mint, chocolate mint and banana mint. Spearmint and peppermint are the most widely used, particularly in products such as toothpaste, yet they differ significantly in their menthol content — the compound responsible for mint's cooling sensation. Spearmint, a sweeter and more delicate variety often used in savoury cooking, contains around 0.5% menthol, while peppermint delivers a far more intense experience with up to 40% menthol, which is why it is frequently used in medicinal products to aid digestion or relieve aches and pains.

The use of mint dates back as far as historical records allows. Valued for its medicinal qualities and intoxicating aroma, mint was used by the Romans in bathwater and perfumes, while also becoming an important ingredient in agricultural and culinary traditions.

In savoury cooking, mint brings a refreshing contrast to rich meats such as lamb, cutting through fattiness and adding brightness. It can also add a zingy lift to dips and sauces — something brands have even explored in snack formats, such as mint sauce and lamb flavoured crisps. On the sweeter side, mint's cooling freshness works particularly well with creamy flavours like ice cream and chocolate desserts, helping to balance richness. Newer twists are also emerging, from mint-infused mochas to mint-chocolate hot cross buns replacing the traditional fruit filling.

Mint is also making waves in refreshing beverages. Seasonal drinks such as mint lemonade or mint and cucumber coolers offer a light, revitalising flavour profile that fits perfectly with spring and summer menus.



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01594 822885

www.flavours.co.uk

sales@flavours.co.uk

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*Which variety of mint will make your product pop?
From subtle sweetness to bold cooling intensity,
there's a mint to suit every creation.*



For a true chocolate overload, we start with a decadent brownie base, packed with chocolate chips and flavoured with mint to deliver a fresh, cooling lift that balances the rich, indulgent base. The brownie is then dipped in smooth milk chocolate before being topped with a peanut-flavoured white chocolate ganache, piped on to complement the deep, fatty chocolate notes while introducing a nutty, earthy savouriness.

Two layers of chocolate-mint sponge create a refreshing, herby base, sandwiched with a rich raspberry chocolate pastry cream. The mint lifts the raspberry's bright, fruity notes, giving a fresh sweetness that lingers throughout the bite. Finished with a cardamom icing, the cake gains a warm, spiced contrast to the mint's coolness, while the shared citrus and floral notes of raspberry and cardamom bring harmony to the flavour.



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