

# Tea Brewing Information

Tea Type 	Water Temp 	Time 
Black Tea	100°C	2-4 mins
Green Tea	80°C	1-3 mins
White Tea	80°C	3-7mins
Oolong Tea	80-90°C	3-6mins
Rooibos & Honeybush	100°C	3-5min
Herbal Blends	100°C	3-5mins
Fruit Tisanes	100°C	3-5mins

**Tea Dosage** – The standard guide is 1 teaspoon of tea per cup (around 250ml). For example, if you are using a 600-800ml teapot, 3-4 teaspoons of tea, depending on your desired strength. Everyone has a different palate and sometimes a little bit of experimentation is required.

**Strength** – If you like your tea very strong, instead of brewing the tea for longer, we recommend increasing your tea dosage, as this will avoid any bitterness that may develop from the tea steeping too long.

## Serving Suggestions –

You can get as creative as you like here!

- Adding milk – We recommend milk for black teas only.
- To add a little health & sweetness to your tea, why not float a teaspoon of **goji berries** in your tea - and then at the end, eat them warm and hydrated! We recommend adding goji berries to our **Detox & Cleanse Wellness Tea Blend**.
- Add a dash of fresh lemon or lime to green or herbal tea varieties to enhance the fresh flavour and health properties – We recommend our **Lime & Coconut Delight Green Tea** with a dash of lime – so refreshing!
- Adding sugar and honey comes down to personal taste – Both of these help to reduce the bitterness of the tea. We recommend adding a teaspoon of honey and soy milk to our **Masala Chai** and other black chai varieties, to create an even more delicious and creamy brew!

