



ALL ABOUT TEA

The Most Common Types of Tea:

→→ *Green Tea*. Gaining popularity for its antioxidant properties and great flavor.

→→ *Black Tea*. Contains the most caffeine of the 3 types of tea. Most commonly used for iced tea.

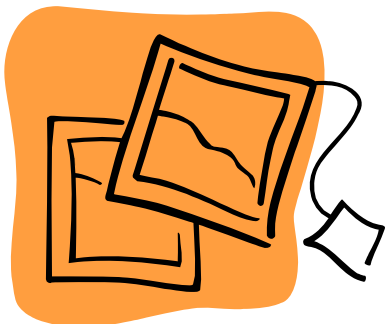


Different Types of Herbal Teas:

→→ Chamomile ~Used as a gentle sleep aid.

→→ Lemon~ Makes great iced tea, caffeine free!

→→ Echinacea~ Used to help boost a strong immune system.



Some Benefits of Regular Tea Consumption:

- Possible cancer prevention
- May lower cholesterol levels
- Helps immune system
- Slows aging

Chai tea:



A creamy iced tea, with some spicy hints. Only a couple of spices, but enough to make a delicious impact.

INGREDIENTS:

- 6 cups water
- 8 tea bags, black (option –decaffeinated)
- 1 cup evaporated skim milk
- 4 Tbs sugar (or equivalent artificial sweetener)
- 4 tsp cinnamon
- 4 tsp cardamom
- Ice, crushed

PREPARATION:

Boil the water and steep tea bags with cardamom for 5 minutes. Strain out teabags and let cool. Put ice into 4 glasses, and add tea. Leave about a quarter of the glass empty. To each glass add, 1 Tbs sugar, 1 tsp cinnamon and 1/4 cup of milk.

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