



TEA LOVERS

FOR LOVERS OF TEA SINCE 2001

Loose Leaf Tea Brewing Guide

	 Tea Dose	 Water Temperature	 Brewing Time	 Serving Suggestions
BLACK TEAS	1 teaspoon (2g of tea) – per 200mls water	95°C — 203°F	1-3 mins	Enjoy bold black teas with a dash of milk. <i>Add honey or rock sugar to taste.</i>
GREEN & WHITE TEAS	1 teaspoon (2g of tea) – per 200mls water	80°C — 176°F	1-3 mins	Best enjoyed pure to appreciate the clean, delicate flavour.
HERBAL TEAS	1 teaspoon (2g of tea) – per 200mls water	95°C — 203°F	1-3 mins	Enjoy pure or with a drizzle of honey. Best served hot to soothe and relax.
FRUIT INFUSIONS	1-2 teaspoons – per 200mls water <i>(Large Brew: 3 tbsp – per 1 litre water)</i>	95°C — 203°F	3-5 mins <i>(Large Brew: 10-15 mins)</i>	Add honey to sweeten. Serve warm, or chilled with fresh fruit. (Naturally caffeine-free and rich in vitamin C.)

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