



## Freshly Brewed Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

BEVERAGE

DRINK

## Ingredients



8 servings ginger tea bags



8 servings water boiling

## Equipment



pot

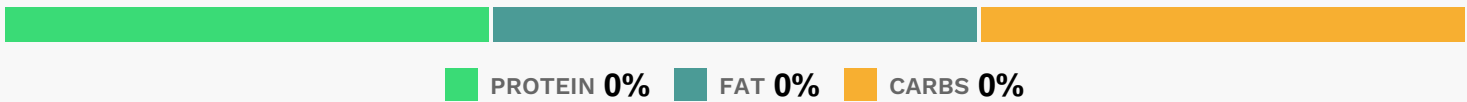


teapot

## Directions

- ☐ Whether you use loose tea or tea bags, the preparation method is the same. Start with a spotlessly clean teapot made of glass, china or earthenware.
- ☐ Add rapidly boiling water, and allow to stand a few minutes to "hot the pot".
- ☐ Pour out just before before brewing the tea.
- ☐ Heat cold water to a full rolling boil. (use water from the cold-water tap; water from the hot-water tap may contain mineral deposits from water pipes that can affect the flavor of the tea.)
- ☐ Add tea to the warm pot, allowing 1 teaspoon of loose tea or 1 tea bag for each cup tea.
- ☐ Pour boiling water over tea (3/4 cup for each cup of tea); let stand 3 to 5 minutes to bring out the full flavor. Stir tea once to ensure uniform strength. Do not judge the strength of tea by its color; you must taste it. Strain the tea, or remove tea bags.
- ☐ Serve wtih sugar and milk or lemon if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.14565217106239%

## Nutrients (% of daily need)

Calories: 0kcal (0%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 11.83mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.04mg (1.89%)