

TEA BREWING & TEMPERATURE GUIDE

The tea guide you've been wanting to make the perfect cup of tea!

TEA TYPE	AMOUNT PER 6 FL OZ	WATER TEMPERATURE	STEEP TIME
Black	1 teaspoon	190-210°F (88-99°C)	2-5 minutes
Green	1 teaspoon	170-180°F (76-82 °C)	1-3 minutes
White	2 teaspoons	155-170°F (68-77°C)	3-5 minutes
Oolong	1 teaspoon	170-180°F (80-95°C)	5-7 minutes
Pu-erh	1 teaspoon	190-210°F (88-99°C)	5 minutes
Mate	1 teaspoon	150-175°F (65-80°C)	3-5 minutes
Herbal	1 teaspoon	190-210°F (88-99°C)	7-10 minutes
Rooibos	1 teaspoon	190-210°F (88-99°C)	5-10 minutes

DIRECTIONS

1. Place tea in a tea strainer or tea bag and place in drinking cup safe to handle the hot liquid
2. Heat water until it reaches the temperature for the tea
3. Pour water over tea and tea container, allow to steep according to the recommended tea time, or until desired taste is achieved
4. Remove tea leaves
5. Enjoy!

Nutritional Information per serving varies as well as caffeine content and antioxidant content. More research is being gathered each and everyday. Stay tuned as I dive into more tips to enjoy tea.