

THE LIGHT BREEZE



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 Smita Grosse Jerry Li

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- Sub Category Name
Drink
Hot Tea
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



t-Series Pure
Chamomile Flowers

Ingredients

THE LIGHT BREEZE

- 3 tsp Dilmah Pure Chamomile Flowers



- 6 dried logans
- 1 clove
- 6 wolfberries / medlar

Methods and Directions

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- Warm the teapot with hot water; pour out hot water.
- Place all ingredients into teapot, add in 80°C hot water and brew for 3 minutes.
- Pour it out through a tea strainer into a warmed up teacup and serve.