



# THE LIGHT BREEZE

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Dista Grosse Smita Grosse



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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**

#### THE LIGHT BREEZE

- 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.

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