


## THE LIGHT BREEZE



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 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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