

How to make Good Cup of English Tea with video



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Tea is very good for health as it has a lot of health benefits. Recently I have been to a place called Teavana in my nearby mall, where I saw lots and lots of tea from all over the world like black tea, oolong tea, white tea, green tea, puerh tea and variety of herbal tea and flavored tea. Tea is more than just a hot drink that is consumed by people everyday of the year, throughout the world. Everyone brew their tea in a different ways. I love Indian method and UK method .Let see how to make a good cup of English tea..

How to make good cup of British Tea

Ingredients

- A Tea Kettle
- A Ceramic Tea Pot
- 2 Tsp of Loose Tea or Tea Bags
- Tea Strainer
- 150 ml of Water
- 2-3 Tsp of Sugar, I used Brown Sugar
- 2 Tbsp of Milk

Serving : 1

Method

- Boil the water in a kettle to a boiling point. In the mean time, preheat the tea pot by adding hot tap water. After 2 mins, empty out the water from tea pot. This is called " Warming the pot". This is absolutely essential. You cannot make a nice cup of tea in a cold tea pot.
- Add the loose tea or tea bags to the tea pot. Now pour the boiling water from the kettle to the tea pot containing tea.
- Wait for 5 mins to let tea steep, more or less depending on what tea you are making and the recommended brewing time for black tea is 3-5 mins.
- Add milk to the cup, then place the stainer and pour the tea from tea pot to a cup, add sugar, stir well.
- Drink the cup of tea at a leisure place and enjoy the goodness of tea. Accompanied with biscuits or cake or scones or any other snack.

- Here is a video for making an English cup of tea.

Tips

- Brewing time for black tea is 3-5 mins.
- You can also have tea with or without milk.
- You can add milk at two stages, one is before adding the brewed tea and second is after adding the brewed tea.
- Warming the tea pot is most essential step in making tea.
- You can follow the same step by using tea bags .



Health Benefits of Black Tea

- Boosts the immune system.
- Lowers the risk of heart disease.
- Rehydrates the body.
- Prevents cancer.
- Good for brain, dental and bone health.

Tags: [british tea](#), [british cup of tea](#), [how to make british cup of tea](#), [how to make good cup of English tea](#), [english tea recipe](#), [prepare good tea at home](#)

Anti-Aging Berry Medley Smoothie



Anti-Aging Berry Medley Smoothie

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Fruits are very good for our health. Fruits provides vital nutrients for our body, fights free radical damage and diseases, hydrate us and keep us looking and feeling younger from inside out. The key ingredients in this smoothie are strawberry, blueberry, raspberry, blackberry and banana. Berries are packed with vitamins, minerals, fiber, anti-oxidants and low in calories. Blend them with the low fat milk which is rich in calcium and protein. Therefore you get a glass full of creamy smoothie, full of deliciousness. So start your day with this yummy healthy drink ☐



Ingredients

- 1 Banana
- 1/4 Cup of Blueberries
- 1/4 Cup of Raspberries
- 1/4 Cup of Strawberries
- 1/4 Cup of Blackberries
- 1/2 Cup of Milk (low fat)
- Ice Cubes

Method

- Combine all the ingredients in a blender and blend until smooth.
- Pour into the glasses and serve immediately.



Tips

- **You can add sugar or honey or agave to the drink. I didn't use sugar because all the fruits has sugar in it.**
- **If you are a vegan, add soy milk or almond milk instead of adding plain milk.**
- **If you don't like seeds or skin of fruits in your drink, just strain it with strainer.**

Health Benefits of Berries

Blueberry : High in anti-oxidants, reducing belly fat, good for digestion, anti-aging, heart and brain.

Strawberry : Boosts immunity, good for eye health, anti-aging,

fight cholesterol and cancer.

Blackberry : Prevents cancer, good for skin, eye, digestion, anti-aging, diabetes and bones.

Banana : High in fiber, lowers the blood pressure, high in potassium, high in nutrient absorption.

Raspberry : Low in calories, anti-aging and anti-cancer properties, weight management benefits



**Anti-Aging Berry
Medley Smoothie**

[Yummy Strawberry Lemonade Iced Tea](#)

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Strawberry season is here, it coincides with the days of summer. I just loved, how beautiful this strawberry iced tea looks. This healthy, refreshing iced tea has a nice flavor of fresh and sweet strawberries and tartness of lemon. Enjoy this cold iced tea on a summer evening , it makes you relax and feels energetic.

Ingredients

10 Strawberries
3 Lipton Bags

3 Cups of Water
3 Tsp of Lemon Juice
3-4 Tbsp of Sugar or to taste
Ice Cubes

Method

- **Boil 3 Cups of water in a kettle, pour this hot water to the tea pot. Put 3 tea bags to the tea pot. Cover the tea pot and leave it for 5 mins. After that remove the tea bags from the tea pots. Let it cool down for 10 mins.**
- **In a blender, add strawberries, blend it to a smooth paste without adding water.**
- **Strain the purred berries and discard the seeds.**
- **In a pitcher, Mix together the purred strawberries, tea, sugar and lemon juice. In this stage, you can add more water if you want.**
- **Transfer this to a serving glass with ice cubes or refrigerate it for 15 mins.**
- **Garnish with sliced strawberry and enjoy.**



Tips

- Adjust the level of sweetness according to your taste.
- You can use Stevia instead of regular white sugar.
- If you find your ice tea is thick, make it thin by adding more water.
- Use chilled club soda in place of water for a different taste.
- You can add mint for a extra flavor.

foody-buddy.blogspot.com



Strawberry Lemonade Iced Tea

Health Benefits of Strawberries

Source : Healthdiaries.com and Besthealthmag.ca

- **The fiber in strawberries helps to keep digestion regular and lowers the blood pressure.**
- **High in anti-oxidants and excellent source of vitamin C.**
- **It boosts the immunity.**
- **It has anti-cancer and anti-inflammatory properties.**
- **Good for eyes and bone health.**