

## Extraordinary Tea Recipes. 25 Home-Made Recipes. Full Color (Paperback)



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### ***Reviews***

*Absolutely one of the best pdf I actually have possibly read. Better then never, though i am quite late in start reading this one. I realized this book from my dad and i encouraged this ebook to discover.*

*(Ms. Beth Conroy V)*

**EXTRAORDINARY TEA RECIPES. 25 HOME-MADE RECIPES. FULL COLOR (PAPERBACK)**

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Do you drink tea regularly? Do you prefer black tea or green tea? So if you are a tea lover you must know that it contains antioxidants, catechins, and polyphenols, which positively impact your body. There are a lot of variations/classes of tea leaves, but most popular ones are: - Black Tea - Green Tea - Oolong tea - Jasmine tea Tea is a key to good health, happiness, and wisdom. There is plenty of research showing that drinking tea can improve your health. Most of the hot teas are made with some very common ingredients like mint, ginger, clove, cinnamon, and honey etc. These ingredients are natural medicines to cure a headache, body pain, fatigue, cough, and cold. On the other hand, iced tea drinks with lemon, mint combination give an instant boost in energy and repel tiredness. Here is the list of surprising health benefits of drinking tea: Lowered cholesterol Blindness prevention Reduced cortisol levels Anti-inflammatory Increased memory, focus and concentration Anti-allergen Decreased risk of stroke Reduced risk of dementia Improved overall health markers This cookbook consists of 25 homemade tea recipes of five different kinds of tea: Black, Green, and Oolong. All of these drinks take roughly 10-30 minutes to prepare in your tea maker, but all of them are great in taste. To simplify your search we've divided the book into 5 chapters: Chapter-1: Green Tea Recipe Chapter-2: Black Tea Recipe Chapter-3: Oolong Tea Recipe Chapter-4: Herbal Tea Recipe Chapter-5: Fruit Tea Recipe You'll learn such recipes like Cinnamon and Clove Green Tea, Ginger Mint Black Tea, Anti-cellulite Detox Tea, Special Digestion Herbal Tea, Anti-depressive Herbal Tea, Cream Tea with Berries and many others. In order...



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