Bhutan

NGAJA

Prepared tea • 1 adult serving

WATER	BREW	SERVE
See preparation	See preparation	Warm

INGREDIENTS

black tea 2 g

drinking water 120 mL

pasteurised milk 120 mL

sugar 5 g optional



Contains caffeine

Illustrative cup image

PREPARATION

1 Simmer the tea in water for 2 min. Add milk and heat gently for 2 min. Strain and sweeten to taste.

NUTRITION NOTE

Sweetened ingredients can contribute sugars. The amount depends on the product and serving.

CAFFEINE & ALLERGENS

Contains caffeine. Contains milk. Check ingredient labels and substitutions.

SERVING NOTE

For adults. Check supplier directions and serving temperature. For iced drinks, chill promptly and keep cold.

Regional source

MenuNio Aarti Serai
A Meal To Look Forward To