China

# RAW PU'ER

Dark or post-fermented tea • 1 adult serving

| WATER | BREW | SERVE |
| --- | --- | --- |
| 95–100°C | 3–4 min | Warm |

## INGREDIENTS

Raw Pu'er leaves · 2 g

Fresh drinking water · 240 mL



**Contains caffeine**

Illustrative cup image

## PREPARATION

1. Warm your teapot with hot water and empty it.
2. Add leaves and pour over 95–100°C water. Start with 3–4 min, or follow the supplier directions.
3. Strain into a cup. Adjust the next brew to taste.

## NUTRITION NOTE

Plain brewed tea contributes to fluid intake and provides little energy when unsweetened.

## CAFFEINE & ALLERGENS

Contains caffeine. 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